

Top Photo: Looking up in the Ottawa National Forest in Carter, Wisconsin.

First sacred food



Enedina Banks educates the world about the language and cultural ways of the Potawatomi people.

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CPN member celebrates 102nd birthday



One of the oldest living Citizen Potawatomi, Alta Mae Sinor, was presented with gifts on behalf of the tribe for her 102nd birthday.

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Tribal impact continues to help Oklahoma

The Citizen Potawatomi Nation had a \$513 million impact in Oklahoma during 2015. CPN directly supported 2,245 jobs and paid \$82 million in wages and benefits. CPN indirectly supported thousands more jobs and boosted local economies by making purchases of more than \$193 million on goods and services.

Tribal jobs are often a primary source of income and benefits for many Oklahoma families. According to a report by the Oklahoma Indian Gaming Association, tribal gaming in Oklahoma would rank as the nineteenth largest industry in terms of employers in the State of Oklahoma, with one in every 55 jobs directly related to tribal gaming. These employees spent \$1.09 billion in Oklahoma derived from their em-

ployment earnings. In rural areas that number is especially significant. For example, CPN alone has created 70 percent of new jobs in Pottawatomie County in the last decade.

In a recent report, Joseph Kalt, the Ford Foundation Professor (Emeritus) of International Political Economy at the John F. Kennedy School of Government at Harvard University, noted that Oklahoma is benefiting a great deal from having a wealthy neighbor. In addition to wages and purchases, CPN paid more than \$37 million in gaming exclusivity fees and taxes directly to the State of Oklahoma.

Exclusivity fees received by the state government go to the Education Reform Revolving Fund, the General

Revenue Fund and the Department of Mental Health and Substance Abuse Services. Of those funds, ODMH-SAS receives about \$250,000 per year, while 88 percent goes to the education fund and 12 percent goes to the general fund. The money derived from these revenues directly benefit of all of the state’s citizens.

Citizen Potawatomi Nation also remains committed to contributing to local civic and charitable organizations, gifting more than \$2.8 million locally in 2015. CPN contributions to education included more than \$273,000 to public education and more than \$5 million in scholarships.



Chairman Barrett honored at 2016 Trail of Courage Festival

Taking place in the original homelands of what is today known as the Citizen Potawatomi Nation; CPN Tribal Chairman John “Rocky” Barrett was one of the guests of honor at the 41st annual Trail of Courage History Festival taking place on September 17-18 in Rochester, Indiana.

Chairman Barrett was chosen as a representative of his Potawatomi familial lineage to one of the tribe’s founding families, the Peltiers. During a ceremony on September 17 on the Fulton County Historical Society grounds, Chairman Barrett was presented a key to the City of

Rochester. Taking place alongside the Tippecanoe River, approximately the starting destination of the Potawatomi Trail of Death in 1838, the longtime tribal chairman reflected on the people he was there to represent.

“These are incredibly tough people who survived the worst of the atrocities of the Andrew Jackson Indian Removal era. They lived to become the founders of the great Indian nation we are today,” said Chairman Barrett.

Shirley Willard of the Fulton Coun-

ty Historical Society, commented on this year’s event.

“We especially asked John Barrett because 2016 is Indiana’s bicentennial. So we felt it appropriate to honor him as the tribal chairman of the Citizen Potawatomi, many of whom had ancestors on the 1838 Trail of Death. I have worked for over 40 years with the Potawatomi to preserve the history and the memories of the Trail of Death because God put it in my heart to do this.”

Continued on page 4

Q&A with OK Senate and House candidates

In November, Oklahoma residents will vote in three elections within the Citizen Potawatomi Nation tribal jurisdiction. We asked all of the candidates to respond to a questionnaire. Their partial statements and responses are below and their full responses are online at cpn.news/2016elections.



Nick Atwood



Dell Kerbs

OK House District 26 includes Bethel Acres, Earlsboro, Johnson, McLoud, Shawnee and Tecumseh. Outgoing Representative Justin Wood, an ardent advocate of CPN at the statehouse, did not seek reelection this year and Democrat Nick Atwood and Republican Dell Kerbs are running to fill his seat.

Kerbs: “Shawnee is the place I love to call home. I have worked to build up our community. I understand the challenges of businesses in rural communities, the pressures facing Oklahoma families, and the factors that undermine public safety. My legislative interests will be to work to keep taxes low, eliminate needless regulation, and devote tax dollars to the areas where they can have a genuine, positive impact, such as roads and schools. My goals are to increase opportunity and enhance the quality of life for all.”

Atwood: “If elected as the next State Representative for District 26, I will work to represent all the citizens of House District 26, including the Citizen Potawatomi Nation. During my eight years working for Governor Brad Henry, I learned first-hand how important our tribal governments are and I recognize the importance of building relationships with tribal leaders. I believe that my experience gives me a unique ability to represent all citizens of our district, from day one.”



Josh Cockroft



John Karlin

OK House District 27 includes Asher, Bethel Acres, Macomb, Pink, St. Louis and Tecumseh. Incumbent Josh Cockroft, a Republican from Wauwata, is seeking to retain his seat against challenger John Karlin, a Tecumseh Democrat.

Cockroft: “It has been an honor to build a very positive working relationship with the Citizen Potawatomi Nation over the past six years, and I look forward to strengthening that partnership in the years ahead. The Citizen Potawatomi Nation provides stability, leadership, and partnerships to this region which cannot go unappreciated. As the State House member with the most CPN employees and members residing in my District, I will continue to fight for local control of our public schools, keeping property tax dollars here at home for the use of our children, quality public safety services, and efficient and effective use of our tax dollars.

Lawmakers must constantly strive for better partnerships between our tribal, state, county, and local governments. When communication and cooperation abounds, everyone thrives. I have been proud to push for closer alliances to bridge the gap which has historically divided our tribal and state governments. Placing political games and petty feuds behind us will result in a more prosperous future. Instead of fighting against sovereign entities at the local or state level, we must choose a better way and realize every entity in tribal and state government seeks the betterment of

the people they serve. I will continue in the position I have been placed in to join our tribal and state governments to walk down a path of prosperity, collaboration, and a future full of potential for all.”

Karlin: “The Republican controlled legislature after 10 years has the state on the verge of bankruptcy along with numerous other problems like poverty, low wage jobs, lowest funding of public schools in the nation and teacher pay, to name only a few. Things will only get worse under this kind of leadership because they have demonstrated only incompetency for the past 10 years.”



Eric Hall



Greg McCortney

OK Senate District 13 includes sections St. Louis, Asher, Tribbey and Wannette falling in the Citizen Potawatomi Nation’s tribal jurisdiction. Running to follow the seat of term-limited Senator Susan Paddack is Republican Greg McCortney and Democrat Eric Hall, both from Ada, Oklahoma.

McCortney: “As a member of the Ada City Council and former mayor, I have worked extensively with the Chickasaw Nation, and I feel confident in saying that the relationship between the city and the Chickasaw Nation is very good. I am a member of the Choctaw Nation and understand the sovereignty of the tribes in Oklahoma. I believe that there is very good recent precedence showing that the state and the tribes can work well together to reach our mutual goals. I look forward to working with all of the tribal governments that are represented in Senate District 13 and hope we can move our state and our region forward.”

Hall: “As an educator in Oklahoma for over 10 years I have become increasingly concerned about the priorities of the Oklahoma legislature particularly in regards to budgeting. It is my opinion that we have shifted our priority away from serving the people of our state as a whole. I am seeking this seat to ensure that Senate District 13 has a senator who will put the concerns of the people of our district ahead of politics. We have been fortunate to have an outstanding senator during the last 12 years who absolutely listened to her constituents and had priorities in the right place, I hope to continue that good work and continue to be that voice.”

Citizen Potawatomi Nation
HOUSING DEPT.



Call (405) 273-2833 or (800)880-9880

CHC begins cultural education program

The Citizen Potawatomi Nation Cultural Heritage Center recently established the Cultural Education program. Rekindling 7 Generations is being developed by the Cultural Education program specifically to serve youths and families' needs and interests. Rekindling 7 Generations nurtures the spiritual, mental, physical, and social development of Potawatomi and Native youth and their community by rooting them in their Potawatomi culture, familial and intergenerational bonds, and intertribal relationships to grow the future tribal leaders, citizens, and partners of Citizen Potawatomi Nation. The goal of Rekindling 7 Generations is to provide programming that encourages and strengthens these relationships. All programming is being developed and encouraged by youth and community input. The majority of the programming is for students' ages 8-13 living in South Pottawatomie County, but we will be providing additional programming for other age groups based on interest and need. We do provide transportation for our programming, but a preference is given to those living in South Pottawatomie County.

The Cultural Education program's Rekindling 7 Generations began programming in May with our first *Neshnabe* Sports Workshop for high school age students. Due to the success of our Native Sports programming for the Cultural Mentorship Program, we chose to continue and further develop this workshop. Youth participants learned about the long

history of lacrosse/stickball, *pegnegewen*, in Potawatomi culture. Youth learned the rules and purpose of *pegnegewen*, and had the chance to play the game at the CPN Aviary. As a part of the workshop, youth were given a tour of the CPN Eagle Aviary, Butterfly Walking Path, and Community Garden. For the last day of the workshop to conclude the week, students prepared and ate a traditional meal supplemented with ingredients harvested from the garden and they learned about the importance of wild rice and the three sisters (corn, beans, and squash) for the Potawatomi. Throughout the summer, we hosted several workshops for youth ages 8-13. In June, youth from South Pottawatomie County participated in another *Neshnabe* Sports Workshop at Konawa Schools where they learned and played *pegnegewen* (lacrosse) and *peskia* (double ball). Three teen mentors, participants of the *Neshnabe* Sports Workshop in Shawnee, helped with the Konawa Sports Workshop and shared what they learned with the younger participants. We also held a moccasin making class with the help of Rave Clay at the Cultural Heritage Center, where youth learned how to make pucker toe moccasins (and the teamwork it takes to make them)!

In August, we began our monthly reoccurring programs: the Girls' Talking Circle, Boys' Drumming, and our Family Community Day. At the beginning of summer, several of our teen mentors asked that we begin a talking circle for Native girls.

We held our first talking circle in August with a great turnout of youth and female family members. The Girls' Talking Circle is held every third Tuesday at Konawa Schools (in the Dougan Room) afterschool from 3:30-5:30. The Boys' Drumming will start up again in the month of October, we will meet every first Wednesday of the month at the Cultural Heritage Center in Shawnee from 6:00-7:30. For our last two Family Community Days, we played the moccasin game to escape the August heat and in September we encouraged everyone to participate in the PLACE's 5K, A Walk for Hope. The Family Community Day is every last Saturday of the month, for this October we will be tending and harvesting the Community Garden at the CPN Eagle Aviary from 10:00-2:00.

Fall programming began in September with sewing and beading workshops for youth. The youth participants decided to create a sewing group that will meet monthly to complete their ribbon skirts and shirts, and then they will begin working on a collaborative quilt. For October, we have two upcoming youth workshops. We will have a Snow Snake Workshop for ages 14-18 at the Cultural Heritage Center, October 19-21 from 3:30-6:30. Youth will learn how to make and design their own Snow Snake, which they will be able to race later on in the cold, winter months. We will also host a Potawatomi Cooking Class in preparation for the Family Community Day. The classes will be held October

26-28 from 3:45-6:00 for ages 12-18. Youth will learn about Potawatomi foods and recipes, the importance of our community garden, and cooking/kitchen safety. The participants will share their knowledge and experiences with those who come to the October Family Community Day. Youth must submit an application if interested, the application links are listed below and the applications can also be found on the Facebook page (facebook.com/R7Gen/). Hard copies are also available at the Cultural Heritage Center and can be mailed upon request.

We have a lot going on, so to keep up with us you can be added to our listserv or mailing list, or follow our Facebook page, Rekindling 7 Generations (facebook.com/R7Gen/). We also have a website (rekindling-7generations.org), where all opportunities and applications are listed, in addition to a blog and photo gallery chronicling all our adventures. And we want your input! Please fill out the parent and youth surveys at cpn.news/youthsurvey or cpn.news/parentsurvey, so we know what the community needs. If you have any questions, please feel free to contact Lakota Pochedley at Lakota.Pochedley@potawatomi.org or 405-878-5830. All our programs are Potawatomi and Native preference.

Migwetch!

Lakota Pochedley

Cultural Education Specialist

REKINDLING 7 GENERATIONS



**EVERY 3RD TUESDAY
GIRLS' TALKING CIRCLE**

**EVERY 4TH TUESDAY
BOYS' DRUM CIRCLE**

**EVERY LAST SATURDAY
COMMUNITY FAMILY DAY**

To be updated on all opportunities, you can join the Facebook group
"Rekindling 7 Generations" at facebook.com/r7gen

**PLEASE TAKE
OUR SURVEY!**

YOUTH SURVEY
cpn.news/youthsurvey

PARENT SURVEY
cpn.news/parentsurvey

Jason Hawk earns degree with help from CPN Employment and Training

Sault Ste. Marie Tribe of Chippewa Indians Chairperson Aaron Payment [made a statement to U.S. News and World Report](#) in November concerning Native American graduation rates, “We have the worst of the worst statistics...The first Americans have become the last Americans.”

Due in part to bureaucratic infighting and [incompetence at the federal level](#), Native American students, especially those learning at institutions controlled by federal agencies, face a deficit in resources and accountability. Even when factoring in those Native students not in schools on remote reservation and tribal lands, the fact remains that only 67 percent of American Indian or Alaskan Native students graduated high school in 2015.

In a country where every person is supposed to have access to a high school education, this is a disturbing statistic. It’s even more startling when one considers that the national average for high school graduation is 80 percent.

[According to a 2010 study by the Native Education Association](#), Native American high school students have some of the highest dropout rates in the U.S., exacerbating issues like cyclical poverty. With formal education necessary for almost any job, especially decent paying ones, it is little wonder Native Americans “have the worst statistics.”

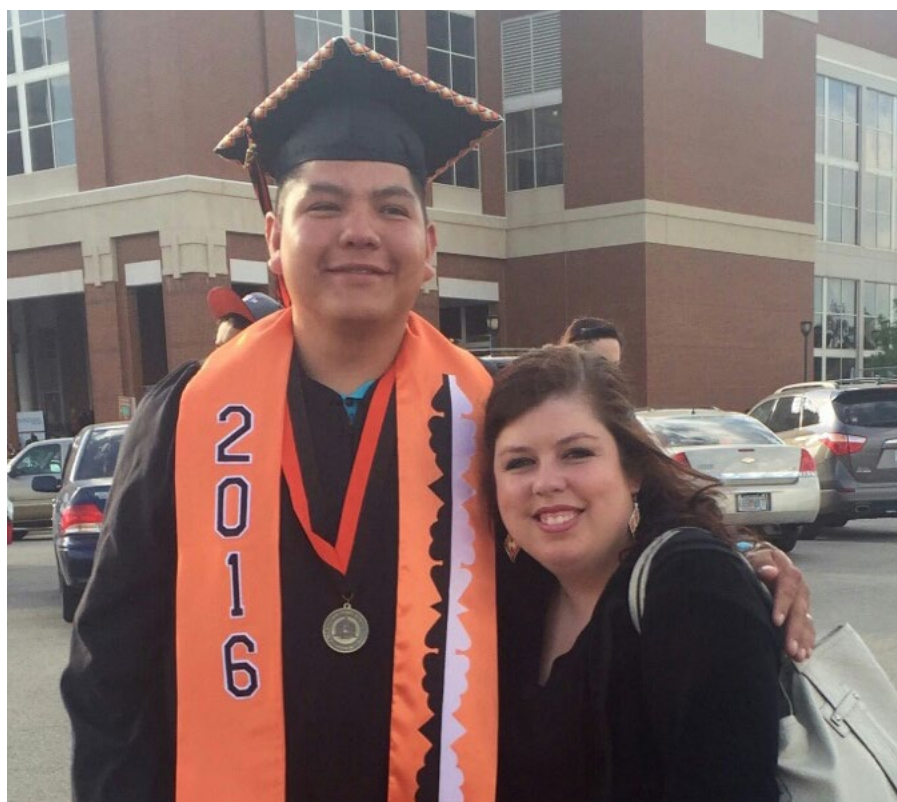
Just a forklift operator

Cherokee Nation tribal member Jason Hawk used to be one of those statistics.

Originally from south Oklahoma City, Hawk went first to U.S. Grant High School before an expulsion sent him to Emerson, the alternative high school. During that time, he took on a full-time job, working 40 hours a week. In the middle of what was should have been his junior year, his work schedule changed, forcing him to pull the overnight shift from 7 p.m. to 3 a.m.

“I started missing a lot of classes. Something had to give,” explained Hawk.

It wasn’t just the work hours though. In Hawk’s recollection, the support structure wasn’t there for students like him. While he admitted that he had trouble as a student, which ultimately prompted his move to Emerson, he said students like him often received little or no encouragement from the people there to educate them.



Jason Hawk and his wife Stephanie Cain-Hawk

“They didn’t really pay attention to us, you know. They knew that we were probably just going to drop out, hearing a lot of ‘you can’t do this, you can’t do that.’”

A couple years after dropping out, Hawk had established some semblance of stability. Still living on the south side, he was working in a warehouse as a forklift operator when he met his wife, Stephanie.

A Citizen Potawatomi tribal member and staff member in tribe’s employment and training department, she persuaded Hawk to come in and take an aptitude test for a GED. CPN’s Employment and Training Department, established as part of the federal 477 Program Initiative, is open to all members of federally recognized tribes who reside in the Citizen Potawatomi Nation tribal jurisdiction. Its goal is to empower the economically disadvantaged, unemployed and under-employed. Its counselors assist with resume writing, job referrals, interview tips, job placement and other employment related services.

The department offers assessment tests that determine the level the individual is at academically and professionally, giving staff a more accurate idea of what career track they’re suited for.

“He came in with the mindset that all he was qualified for was to drive a forklift,” recalled CPN Employment and Training Assistant Director Margaret Zientek. “So we sat him down and had him take the assessment. He

scored so high that we said ‘Good God, go take the test!’”

A different path

Once he got his GED, the employment and training department helped Hawk secure a position working first in the CPN Construction Department and then the CPN Housekeeping Department. At the encouragement of his wife Stephanie, Zientek and Employment and Training Director Carol Clay-Levi, Hawk also enrolled at Seminole State College to pursue a degree in accounting.

As part of their services to Native Americans seeking career or academic training, the department staff helped Hawk apply for grants that allowed him to both work and study full time.

He excelled at his studies there, evidenced by his graduation as a member of the institution’s honor society. In addition, he was the first member of his family to ever achieve a higher education degree.

Zientek, one of his biggest advocates, was on hand at the honor society graduation banquet. Sitting near Hawk’s mother, grandmother and brother, who she described as overjoyed at seeing the first person in the family to graduate from college, Zientek said that it was an honor to be there.

Despite his impressive accomplishment, Hawk decided a change of course was in order after he received his associate’s degree.

“I didn’t like accounting at all. I like working with my hands, and I couldn’t stand sitting in an office all day,” he said. “All my professors and friends told me, ‘You’re good in science and we think you’re throwing away your talents by settling with an accounting degree.’”

Hawk took a semester off to ponder which direction he’d go before deciding on a mechanical engineering degree, which he pursued at Oklahoma State University. In the spring of 2016, Hawk walked across the stage at OSU’s commencement ceremony.

Since August 2016, he’s worked at Tinker Air Force Base as a mechanical engineer, where once he completes a mandatory training course, he’ll be certified to design and analyze repairs on aircraft serviced there.

Hawk’s interest in education didn’t stop when he walked across the graduation stage at OSU though. The man who once thought he was only qualified to drive a forklift was recently accepted into the U.S. Airforce’s PALACE Acquire Program which provides civilian workers full-time employment and tuition in their academic field while they study. Hawk said he’ll likely pursue his master’s degree at OSU once his one-year probationary training period at Tinker is complete.

Looking back a decade, when he took that first assessment test, Hawk says that without the employment and training department, he wouldn’t be where he is today.

“I was working in the warehouse, no education, and I could see where I was going if I stayed where I was at. I wanted to get my GED, but if I hadn’t met my wife and come in to E&T, I wouldn’t have made it.”

Zientek, who has worked more than three decades in the department, was effusive of his accomplishments.

“To think what he did, going to school, working full time, and also supplementing some of the costs by learning how to bead and becoming very accomplished at that craft, it’s really incredible,” she said.

The longtime assistant director is emphatic that Hawk’s story is possible for anyone who walks through the tribal department’s doors.

“We work with everybody, and know everybody is different. The first thing we ask them is ‘How can we help you?’ and just go from there.”

Chairman honored continued...

It is not the first time a Citizen Potawatomi tribal member has been honored at a Trail of Courage event. In 2014, District 4 Representative Jon Boursaw was amongst the guests of honor at that year’s ceremonies. Boursaw, who has long been active with the Trail of Courage events in the past, including the Trail of Death Caravans which retrace the original route across Indiana, Illinois, Iowa,

Missouri and Kansas, was honored as a representative of the Bourassa family. Boursaw, is a direct descendant of Daniel Bourassa, who along with his wife and seven children, was amongst those Potawatomi forcibly removed from Indiana to Kansas in the 1838 Trail of Death.

That year’s event coincided with Indiana Governor Mike Pence’s proclamation declaring Sept. 20, 2014 as Potawatomi Trail of Death Remembrance Day.

In 1838, the Potawatomi Indians in the state of Indiana were forcibly removed from their ancestral homelands by order of the U.S. government. The 859 Potawatomi who started the journey travelled across Indiana, Illinois, Missouri and finally Kansas before finally arriving at their intended destination. The loss of life, 41 in total, resulted in the removal becoming known as the Potawatomi Trail of Death.

Willard, of the Fulton County His-

torical Society, worked to secure a full apology from Governor Pence in 2014, commented on the motivation for the 2016 event that included honoring the CPN.

“The forced removal of the American Indians is a black mark on Indiana’s history. The bicentennial commission told me they want it to be celebratory, so we are emphasizing that the Potawatomi survived as a nation, something important to celebrate,” she said.

Dodoshke'wek-The first sacred food

Enedina Banks, who works in the language department at the CPN Cultural Heritage Center, has committed her life to revitalizing Potawatomi ways. One way she does this is by educating the world about the language and cultural ways of the Potawatomi people, which includes encouraging mothers to feed their children the “first sacred food” – breastmilk, known as *dodoshke'wek* in Potawatomi.

In June, Banks was photographed in her traditional regalia, breastfeeding her son Nico, on the Oklahoma City stop of the Normalize Breastfeeding Tour, which encourages breastfeeding mothers to connect to others in their communities. [Banks was quoted in the Huffington Post](#) saying “breastfeeding is not as prevalent as it once was in our communities, but we are trying and implementing programs that help normalize breastfeeding again.”

When asked why it is important for Native American women to breastfeed their children and how it preserves the Potawatomi culture, Banks responded with this heartfelt letter to explain the importance of normalizing breastfeeding.

“Breastfeeding is medicine. Science is proving that when babies nurse, their latch is so strong that saliva is actually sucked back up into the mother’s body and the mother’s body can adjust to babies’ needs. Hence, if baby has a cold or an ailment, mother’s body will send extra antibodies to be passed through the milk. To me, breastfeeding has always been very calming. Science is proving your body and baby’s body releases endorphins that contribute to an overall well-being.

“We, as Neshnabe, carry historical trauma in our DNA and the only way to heal that trauma is to acknowledge it and create new ways of dealing with stress which, in turn, changes our epigenetics. I tell people all the time that my kids have nursed more often for comfort rather than for hunger, which means that they were learning how to deal with stress by seeking out their mother and knowing I would comfort them, thus strengthening the mother-child bond.

“Today, our native youth have the highest rates of suicide because they are not being taught proper ways to deal with stress. Bonding with our children was interrupted with reloca-



Enedina and her son at the Normalize Breast Feeding photo shoot at the Plaza Walls in Oklahoma City. Photo provided by Vanessa Simmons.

tions, boarding schools and the implementation of single family homes. The children of today are still feeling the effects of it. Our grandparents and great-grandparents, whose horrible experiences had brought it back to the reservations and to their homes, lost the Neshnabe ways and teachings. They brought back violence, shame and heartbreak, which turned into alcoholism to deal with their sadness and drug use to numb the pain. It has been seen as normal for Natives to be alcoholics, drug users, overweight and depressed ever since. All of these symptoms are directly affected by having no healthy ways of dealing with stress.

“When we think back to who we come from and who we are as Neshnabe people and how our ancestors raised their children, breastfeeding was part of that. Within our own tribe, from personal experiences, it was not uncommon for aunties to nurse their nieces and nephews. Within our culture, we were taught that our aunties are our other mothers and they cared for and took those responsibilities that come with being a mother. If baby needs to nurse, it was and is normal for others to nourish them.

“Sadly, American society has over-sexualized the woman’s body. It is important to get back to our original teachings. Women and their bodies are sacred life-bearers and should be respected as such. That respect for the woman’s body has been lost – so lost that even women them-

selves don’t respect their own bodies anymore. They are ashamed of them instead of being proud of what we are capable of. We give life and can sustain life, which is a blessing from Creator that I hope our future generations start to understand again, rather than taking that privilege for granted.

“Keeping with tradition in this modernized world can be difficult at times. Everyone is always in a hurry and breastfeeding becomes cumbersome, but it’s necessary to strengthen that bond with baby. It slows you down and you get to cuddle while staring at what a wonderful gift Creator has blessed you with. The amazing feeling you get when you know you are nourishing their ever-growing body is what motherhood is about.

“I want to be part of the revitalization of our cultural practices, language and, most importantly, beliefs. When you don’t know who you are, it’s like a piece of you is missing. We have become so far detached from instinctual parenting, that those of us who use primal practices are ridiculed. Baby-wearing is seen as almost a fad. Breastfeeding is no longer seen as the norm but now just as an “option.” These practices were done for a cultural reason. We carried our babies for that first year because we were told to not put your baby on the ground until they are named the following spring. We breastfed because the Creator made it that way for us to nourish our babies, and we did not question it.

“Women would gather around the young girls who were becoming women and teach them about their bodies. In that time they learned how sacred it was to be a life-bearer. They learned to be self-disciplined and how to conduct themselves in a respectful way. All of the women would give pregnant women teachings of motherhood. We lack all this knowledge now, with that communal feeling. Our culture is being lost, so if I can help open someone’s eyes to something as basic as breastfeeding then that’s one step closer to cultural preservation. I’m very passionate about my work in preserving our identities. Food sovereignty, which is breastfeeding, is a huge part of cultural preservation.”

The staff at CPN Women, Infant and Children Program encourages mothers to breastfeed as well. According to Nutrition and Breastfeeding Coordinator Cheryl Richardson, the health benefits for mom and baby are many. There are over 200 components in breastmilk, many of which nutritionists still do not understand their exact purpose or function. Breastmilk is made of living cells and has been called “white blood” by many.

According to the World Health Organization, breastfed babies have higher IQs. [Research suggests](#) that breastfed babies have lower risks of asthma, childhood leukemia, childhood obesity, ear infections, diarrhea, vomiting, lower respiratory infections and Sudden Infant Death Syndrome.

Richardson said that mothers who breastfeed have a lower risk of breast cancer, ovarian cancer and chronic conditions, like Type 1 diabetes, celiac disease and Crohn’s disease. Many have fewer problems with weight, as breastfeeding burns a lot of calories. They also get a menstruation vacation with exclusive breastfeeding – which means delayed ovulation and natural birth control for about the first six months after they give birth – and save money on formula.

CPN WIC has staff available to help with breastfeeding, including peer counselors who work with pregnant or new moms. They can also provide breast pumps and equipment depending on the woman’s need. For more information, contact CPN WIC at 405-273-3216 or cpn.news/WIC.

UPDATE YOUR INFORMATION WITH TRIBAL ROLLS

Is your address information updated with CPN Tribal Rolls? In the next year, the tribal government will examine population numbers across the U.S. for legislative redistricting. It is vital that we have your most up-to-date address information.

Please contact tribal rolls today and update your address information by calling (800) 880-9880.



Historic Pottawatomie County radio station KGFF gets FM channel

It was a long time coming, but as of midnight on September 8, 2016, listeners of Pottawatomie County's oldest radio station can now tune in to an FM signal for a clearer, stereo broadcast of classic rock and local news.

"Good news for listeners in the Shawnee area, KGFF is now on-the-air at 100.9 FM as well as 1450 AM!" said Mike Askins, KGFF Radio general manager.

Askins, who has been on the airwaves since the 1970s, has worked strenuously since December 2015 to get the longtime AM station, owned by Citizen Potawatomi Nation, a signal on the FM band. The station is one of Oklahoma's oldest, having been broadcasting since 1930.

"KGFF had to find an existing FM translator licensed within 250 miles of our broadcast site," explained Askins. "Once we found a viable license, we had to purchase it from the previous owner; get FCC approval and hire FCC approved engineering services to calculate what frequencies might be available in our specific location."

Once that was done, it still wasn't as easy as flipping a switch to broadcast on both AM and FM. Along with KGFF staff, a contract engineer

and an attorney with years of Federal Communications Commission experience, Askins then had to find a translator for sale in their range, a tower site and a frequency that met FCC requirements.

"It was a fairly stressful undertaking, but it finally paid off," said Askins.

As part of the agreement to secure the license, Askins stated that KGFF must carry the exact programming on both the AM and FM signals.

"What the listener hears on 1450 AM will also be heard on 100.9 FM... the difference being that the FM broadcast will be in stereo."

For a man who started with KGFF in 1976 as a student reporter, the addition of the FM signal is an exciting turn of events. Askins is a second generation disc jockey in Pottawatomie County. His father came to Oklahoma Baptist University as a student and was on the college radio station there before joining KGFF while teaching speech and English at Shawnee High School. Askins followed in his father's footsteps, first to OBU to study church music, before focusing on public speaking and radio broadcasting.

With an extensive knowledge of the technical and historical aspects surrounding the radio business, Askins



Mike Askins

said the FM signal is the completion of a longtime focus for the station.

"The big goal has always been to get KGFF an FM signal to regain the quality of coverage lost to interference from so many electronic devices out there as well as the changes in the radio receivers over the years. If you find an old tube type AM radio from the 1940s or 1950s and listen to a properly tuned and processed signal, the quality is amazing. As radios got smaller and cheaper, the quality of materials and workmanship of the receivers for the AM band, perceived as being a talk-radio and sports-on-

ly service, got worse. The industry failed to defend the technical standards needed to keep the AM band's audio quality competitive with FM."

The station's emphasis on locally-focused broadcasts, including community news and radio broadcasts of Shawnee High School and Oklahoma Baptist University Athletics, remains KGFF's concentration. In addition to broadcasting at 100.9 FM and 1450 AM, KGFF is also streaming local sports as well as The Mike in the Morning Show on weekdays from 7-9 a.m. and The Daily Stir at 12:45 p.m. on www.kgff.com.

CPN Education update: October 2016

By Tesia Zientek, CPN Department of Education Director

Just over a year has passed since the Citizen Potawatomi Nation struck its historic partnership with St. Gregory's University. For those of you who may be unaware, through a prepaid tuition fund at SGU, the CPN Tribal Development Scholarship Program invests in the education of CPN tribal members in order to prepare them to contribute to their tribe and community as leaders and professionals. In short, CPN tribal members at SGU are eligible to receive prepaid tuition for any degree program (excluding the online MBA program, for now). Now that a full academic year has passed and another one is just beginning, it's time for an update.

At the start of this semester, there are 73 CPN students attending or committed at SGU. Ten hail from outside of Oklahoma. Out of the 73, 36 are traditional students within the college of arts and sciences, while 26 are adult nontraditional students in the college of continuing studies. Seven students are pursuing their Master's in Business Administration, and four are working toward a Master's in Art in Counseling. We are proud of these numbers and anticipate growth as we increase our outreach.



St. Gregory's University.

Last month, the CPN Department of Education hosted a student meet and greet at the CPN Eagle Aviary during the SGU orientation weekend. Students had an opportunity to get to know their fellow CPN students, eat some pizza, and meet the eagles that are so special to our culture and way of life as Potawatomi. Over 20 students attended, along with family members, our departmental staff and SGU faculty representatives.

Beyond the obvious benefit that a prepaid education affords, the program also takes care to ensure that CPN students receive a unique opportunity to connect with their trib-

al community while attending SGU. The CPN Core is a series of educational opportunities that inspire participants to learn more about the past and present of the tribe so that they can positively impact its future. Starting this fall, every undergraduate CPN student at SGU must complete nine credits from the CPN Core. This includes the required 'Introduction to CPN I and II', which are eight week courses designed to give a broad overview of the culture, government, and economic development of the CPN. To fulfill the final three credits of the requirement, students may choose from a catalog of cours-

es. Already, an online Potawatomi language course and internships at the CPN are available for students, and we are currently working to add Potawatomi history to this list.

Outside of the classroom, CPN students at SGU can stay involved through extracurricular activities. Jessica Johnson, a sophomore communications major who is also a CPN tribal member, has spearheaded an effort to establish a CPN Club at SGU. She has coordinated several meetings, and the students are currently working on drafting a constitution to propose to student affairs. The CPN Department of Education supports Jessica's endeavor to create a lively tribal community on the SGU campus.

Our department's mission is to help CPN tribal members achieve their educational goals, and managing the CPN-SGU partnership has allowed us to do just that. Look for more updates as the program continues to grow and develop!

For more information about the partnership or the CPN Tribal Development Scholarship Program, please contact the CPN Department of Education by email at college@potawatomi.org or phone at 405-275-3121.

A letter from CPN's ethnology collections manager

By KeAnne Langford, CHC Ethnology Collections Manager

Bozho,

I was blessed to be brought onto the staff at the CHC about one year ago and so far it has been a fantastic experience and I am greatly enjoying my position. I received my Bachelor of Arts in History and minor in communications from the University of Texas at El Paso. Later, I was awarded my Master of Arts in Museum Studies from the University of Kansas.

What exactly does an ethnology collections manager do?

First off, ethnology is a division of anthropology that studies cultures. At the CHC, the ethnology collection is comprised of an assortment of three-dimensional objects that are significant to, not only Citizen Potawatomi Nation, but also the greater Neshnabek. In our collection, there are dolls, tools, a large variety of lithics (i.e. projectile points, stone tools, etc.), art, basketry, ceremonial items, regalia, military ephemera and many other interesting objects.

The ethnology collection, as well as the archive (two-dimensional objects), serve as a repository to aid with strengthening and maintaining the past for the present and future. Both collections are open to researchers of all backgrounds.

The curatorial staff utilizes best practices for such things as documenting, housing, displaying and handling objects (the gloves are not just for show). With that being said, the first step to collections management is to understand how the collection was



KeAnne Langford

amassed and how items are handled when they first become a part of it.

Our collection consists of objects that have been donated or gifted to either the CHC or the Nation, collected by curatorial staff through purchases, and loaned to us by various institutions or individuals. The most common method of receiving objects is through donation or gift. A donation or gift means that the item's ownership is being transferred to the CHC. There are many items that have been donated to us throughout the years for many reasons such as, the donor could no longer care for the object, or it has historical and cultural value, or the donor felt it should be utilized to educate others.

When an item is donated or gifted, the donor will complete a deed of gift which entails the donor's information - name, address, phone number, email and vital information about the object deemed necessary by the cu-

ratorial staff. This vital information includes the name of the object, its type, description, provenance, condition and restrictions. What we refer to as the "provenance" of the object simply means its origin story, including details of who owned it, how it was used or who made it.

Objects are given a condition status based on many factors. An object that appears to be in excellent condition by the public, may be listed as only in good condition by the curatorial staff for numerous reasons like cracking or missing pieces.

When an item is loaned, the owner will complete the loan agreement, which is similar to the deed of gift except that the owner and the curatorial staff agree how long the object will be loaned to CHC and how it shall be retained or returned. We currently have objects on loan to us from institutions and individuals. Also, the curatorial staff may approach an in-

stitution or individual regarding a collection or an item thought to be ideal for exhibition at the CHC.

Finally, objects may be purchased by the curatorial staff for a number of reasons. We recently acquired a number of black ash baskets from the Brown Family of the Pokagon Band of Potawatomi. These were collected to expand our assembly of baskets and to help preserve this culturally important skill. An objective of the curatorial staff is to regularly seek out tribal artisans to create items that can help expand our collection and preserve important trades.

When an item is purchased, the seller fills out a purchase agreement, similar to both the deed of gift and loan agreement that documents key purchase information. These are the most important documents regarding the collection, not only legal reasons, but for the conservation of the object. Furthermore, staff may turn away an object for many reasons such as, it is a hazard to other objects or people, the donor can't prove legal ownership of the object or the item could not be properly taken care of. It is an unfortunate thing to turn away an object or a collection, but keep in mind that the staff has a long list of criteria that they must contend with before taking an object on, like storage space, condition and financial resources.

If you would like to learn more, please reach out to me at the CPN Cultural Heritage Center at 405-878-5830 or visit our website at www.PotawatomiHeritage.com.

Language with Justin: October 2016

By Justin Neely, CPN Language Department Director

It's been very busy the last few months in the language department. We hosted a very successful Potawatomi Language Conference as part of the Potawatomi Gathering of Nations in July. We had more than 300 participants. For the first time ever, we streamed the conference live. We also have an archive on YouTube where you can watch the three-day conference if you weren't able to be there at cpn.news/LangConfArchive

We also had our children's language page go live at cpn.news/childrencourse

As another first, we opened what we believe to be the first ever Potawatomi language college course online through St. Gregory's University in Shawnee, Oklahoma. To our knowledge, the Potawatomi language has never been offered at a university. So now students can take the course from anywhere in the country or world for college credit through St. Gregory's University.



We continue to have a lot of interest in our free online self-paced language course at <http://language.potawatomi.org>.

We have had 462 people attempt the course. There is currently a 'Beginner I' and 'Beginner II' course and we are working on the next level

which will be intermediate. The course is designed so you can do it at your own pace. Just go to the website, enroll and wait for a confirmation email, then you are good to go.

We are also continuing to develop additional tools and enhancements to our online courses. In the future we hope to have an eight or 16 week course available to local high school students as part of their foreign language credit.

Fall words

Dgwaget - It is fall

Watebgya - Leaves are turning colors

Bnakwi - Leaves falling

Mawdoshkegen - Rake

Mawdoshke - He/She rakes

Zet pkwakwet - Football

Giwse - He/She hunts

Datbek - Leaf

Wabgon - Pumpkin

Gwetajhegen - Scare crow

CPN Tribal Historic Preservation Office exercises sovereignty

In 1966, the National Historic Preservation Act was signed into law as an attempt to end the adverse effects of development on historically significant properties. Ten years later, a review process was expanded to cover all archeological sites, buildings and lands. The review process requires a federal agency to make sure each construction project does not harm historic properties.

Under section 106 of the NHPA, interested parties are allowed to comment on the potential impact of a project on a historic property. Federally-recognized Native American tribes' land received enhanced protections under a 1992 amendment, allowing tribes to apply for a staff member who would become a Tribal Historic Preservation Officer. These THPOs comment on planned developments on culturally-significant properties sites and work with federal agencies to minimize harm. Out of the more than 500 federally-recognized tribes in the United States, about 260 tribes have these offices.

CPN Cultural Heritage Center Director and tribal member Kelli Mosteller, Ph.D., is the current THPO for Citizen Potawatomi Nation and Andrew Gourd – a Seneca-Cayuga member – is the assistant THPO. CPN started the process of getting certified in 2006 and each CHC director has been the acting THPO since that time, handling up to 2,000 projects per year.

CPN's office has three main focuses: federal undertakings in CPN-owned properties and historical reservations, tower construction notification system provided by the Federal Communication Commission and federally funded construction projects in areas of historic occupation that are heavily urbanized. The first two in the list are what Gourd focuses on the most.



Andrew Gourd

Federal undertakings in CPN-owned properties means that the tribe can comment on federally-funded construction projects or those that fill out federal permits. This covers the CPN-owned land in Pottawatomie and Cleveland Counties in Oklahoma and Rossville, Kansas. Since Gourd started in October 2015, 476 of these project requests have come in the mail, which doesn't include dozens of project requests sent via email.

"Our office can only give opinions on things that are federal undertakings. That's where a great limit to our power is," Gourd said.

The second type of project - tower construction notification system - comes to CPN's THPO any time a cell phone tower is being built anywhere the tribe has ever lived. Gourd researches whether that location may have ancestral remains, a Potawatomi village or historic marker. CPN has to be consulted on the chance that something with cultural or historical significance is unearthed. Gourd calculated 250 records of these projects

since April 2016 and 25 more are pending his responses.

"Most of the time, people are really good about working with us," Gourd said. "Since I began working here in October, we haven't come across a project yet where we have to put our foot down and shut it down completely."

Gourd has a bachelor's degree in anthropology from the University of Oklahoma and focused on archeology. He went to several archeology field schools and was an archeological technician for the Oklahoma Archeological Survey upon graduation.

"I wanted to use this degree to go work for my people or another tribe in Oklahoma," Gourd said. "In my undergrad, there was a class offered by the Native American studies department that focused on historic preservation. In this class, taught by Joe Watkins, Ph.D., we learned what a THPO was and studied the paperwork, advantages and disadvantages. I took that class my junior year and knew that's what I wanted to do.

That's a true expression of sovereignty for a tribe."

Mosteller said that THPOs normally have six to eight employees, but CPN only has one full-time person dedicated to the projects and one part-time person. Gourd handles the bulk of the day-to-day work, while Mosteller manages the heritage center.

CPN has more requests than other tribes because of several removals and being a seasonally-nomadic tribe. When construction is happening in numerous parts of the country where CPN has resided, including Indiana, Illinois, Wisconsin, Minnesota or Kansas, the THPO is contacted for their opinions and approval of the project.

"There are all of these places that we've touched. Whereas some other tribes may be confined to a reservation on their traditional homeland, those are the only projects that come to them," Gourd said. "They haven't had all these other removals and places that are important to their story like we do here, so they might not get as many projects come across their desks."

"Other tribe's projects tend to be fewer, but much deeper. They could speak to the cultural significance of every acre of land," Mosteller added. "Ours are shallower, but very, very broad. We have a lot of projects that we cannot comment in great detail, but we have to be able to keep our eye on the things we do know about. THPO is the same office, but each tribe's circumstances are unique."

If you have any questions about THPO, please contact Gourd at the Heritage Center by calling (405) 878-5830.

A letter from the 2016 Miss Potawatomi

Bozho,

I'd like to introduce myself as your Miss Pottawatomie Nation 2016-2017. My name is Mary Shabanaa Bush. I am a citizen of the Gun Lake Tribe. I am currently 14 years old and I am receiving my education from Wayland Union High School, where I will be a freshman this fall.

I have traveled to almost every Gathering since I was born and I would always watch the Miss Pottawatomie Nation competition, in awe of how one young lady would have the opportunity to be the face of our nation for a whole year. I was excited to travel to Oklahoma this year, as I was going to compete for Miss Pottawatomie again. I competed last year and was first runner up, but with the attitude of not giving up, I went again this

year. Now I am that young lady with the opportunity to represent the nine tribes of the Pottawatomie Nation for a year. I am looking forward to being a role model for the youth of, not only my tribe, but for all the tribes for one year.

I plan to travel and represent the Pottawatomie Nation at more than just powwows this year. I would like to use this as an opportunity to share with others about being Native American and that being Pottawatomie is about being part of a community that cares for each other. It's more than just my immediate family; we are all family and we support and care for each other. I plan to work with the youth of my tribe and others to learn that knowledge of our language and culture gives you strength and bonds to traditions that go back hundreds of years that will keep you strong as you move forward in your life.



Mary Shabanaa Bush being crowned Miss Potawatomi at Gathering of Potawatomi Nations in Shawnee, Oklahoma

Martin's start at FireLake puts him on the path to golf course career

Employment opportunities at Citizen Potawatomi Nation tribal departments and commercial enterprises are extensive. With approximately 2,400 employees and more than 50 positions for part- and full-time positions open daily, there are ample opportunities for workers to get a foot in the door and work toward better positions.

One tribal member from Meeker, Oklahoma did just that recently after departing from the staff of FireLake Golf Course. Caleb Martin, a member of the Holloway family, graduated from Meeker High School in 2012 and like many young graduates, didn't know for sure what he wanted to do. He said he'd considered being a personal trainer due to his love of sports as a youth. He took a job at FireLake Golf Course as a member of the staff where he helped with the course maintenance.

The arrival of current course superintendent Derron Day helped provide Martin some direction when it came to his future plans.

"After working at the golf course and when Derron got to FireLake, I fell in love with working at the golf course," said Martin. "Then this (OSU-OKC opportunity) came up and I figured it was the next best step



Caleb Martin

for me in my future career plans, so I jumped all over it."

OSU-OKC has a five-hole golf course at its Oklahoma City campus as a training ground for students in the turf management and horticulture program.

"It pays hourly and tuition as long as you're working and going to the school," Martin explained.

He chose OSU-OKC on the recommendation of Day, specifically because Martin needed the experience

of managing a course with bentgrass greens compared to what he already knew at FireLake, which has bermudagrass. Bentgrass greens are a cold weather grass, meaning their growing season runs from early September through May. They're especially sensitive to heat, which can reach into the 100s during July and August in Oklahoma, and require constant hand watering, which Martin says takes up much of his time.

Despite only working in the golf course management field for a few

years, Martin's time at FireLake provided him a unique insight into the sector. When he began, he was mostly responsible for the day-to-day mowing, watering and other course maintenance issues. In the last year, though, he and other staff members have taken on the brunt of the work in first demolishing much of the original course and assistance in rebuilding the upgraded course amidst FireLake's overhaul.

"I was there through everything on the renovation except for holes one and two, about 90 percent of it," he said.

Martin said that once he graduates with his Associates Degree in Advanced Turf Management, he'll likely pursue an assistant superintendent's position at a larger golf course in order to gain experience after his time at FireLake and OSU-OKC.

"I'm my only employee," joked Martin. "So I'd like to find something on the large scale of courses with a bigger budget and staff since I've already had the other two. Once that happens I'd like to do what Derron does and be a superintendent."

FireLodge Tribal Youth update: October 2016

By Benjamin J. McAlister,
FireLodge Tribal Youth
Program Manager

Things have stayed quite busy for the FireLodge Tribal Youth Program since the kickoff of the 2016 school year. This is the time of year we look forward to at the PLACE, with many youth enrolled in extracurricular activities such as band, football, softball and color guard, just to name a few. As staff, this gives us a great opportunity to get out into the community and show our support for the hard working youth we are fortunate enough to work with. Though our youth and staff are putting in extra hours, all have stayed focused and motivated to achieve our goals here at the PLACE.

Get Native Program: One of our goals is to assist our youth get in touch with their Native identity. Our cultural program managers, Michael Logan and Coby Lehman, do a superb job of not only helping the youth connect with their heritage, but also teach how to use this knowledge as a tool in today's world. This past month the program focused on some of the Native arts. Staff introduced various types of native drums, rattles, flutes, and dancing regalia; while teaching which tribes used which elements of nature for assembly and why.

Get Social Initiative: October is a huge month for the FireLodge Tribal Youth Program and its participants. With Red Ribbon Week, Breast Cancer Awareness, Domestic Violence Awareness, National Bullying Prevention and National Suicide Prevention Month all being observed in October; we will stay busy and contribute all we can for all these great causes.

The PLACE will be competing in a national Red Ribbon Week contest in which our youth and staff must function as a team and decorate the front of our facility in an attempt to bring awareness with creativity. We have created wonderful relationships with the CPN House of Hope as well as the CPN Healthy Heart Program and as a result some of their great staff visited and lent their expertise on dating teen violence and suicide prevention.

Anyone that has stepped foot in our facility knows that we have zero tolerance on bullying. During this month we have a chance to reinforce these ideals and truly educate the youth on the tremendously negative impact bullying can have on someone now, as well as later in their life. We will present true accounts of bullying survivors and the effects, how to handle a situation in which you are being bullied, and the many types of bullying that exist today.



Tribal youth diligently working on homework.

Get Smart Program: We continue to assist our youth with their academics on a daily basis during our homework help session. Thus far all youth have kept up with their classroom responsibilities and are excelling this fall. An extension of our Get Smart Program is the TYP's College Prep and Career Readiness Program, and it is in full swing as well. This program is spearheaded by Wilson Littlehead and I on a weekly basis.

It is never too early to start preparing for life after high school. Whether you're a freshman or a senior, there are steps that can be taken to stay on a path that leads to college and scho-

lastic success. We have college site visits scheduled for Oklahoma Baptist University, East Central, Seminole State and the University of Oklahoma to name a few.

If you'd like to learn more about our programs, please reach out to our Director Darin Greene dgreene@potawatomi.org or call us at 405-214-5110.

Alta Mae Sinor welcomes Chairman Barrett and Vice-Chairman Capps to 102nd birthday party

With more than 100 birthdays, one would imagine CPN elder Alta (Cargill) Sinor would have a hard time picking just one to call her favorite. Yet if you asked her on August 25, 2016 which one she enjoyed the most, she would unequivocally tell you it was her 102nd.

“This is the best birthday ever!” exclaimed Sinor when she saw CPN Tribal Chairman John “Rocky” Barrett and Vice-Chairman Linda Capps walk through the door at her party.

Sinor is a member of the Wilmette family and was born in Lexington, Oklahoma on August 25, 1914.

“I’m Frank Wilmette’s oldest granddaughter,” said Sinor proudly.

She spoke of knowing about her Potawatomi lineage as a child, in a time when many Native Americans didn’t openly share their tribal membership.

“I’m proud to be a Potawatomi Indian,” she stated in a room of well-wishers at her party. “My mother always told us we were Potawatomi Indian. She was proud of her Indian heritage.”

Though her father was not tribal, Sinor says her own pride reflects that of her mother Florence Bessie Will-



Alta Mae Sinor with Vice-Chairman Linda Capps and Chairman John “Rocky” Barrett.

mette Cargill, who was never shy of her heritage. One of her fondest memories is of the tribe’s first powwow in 1974 where Sinor said she had an opportunity to see relatives and friends she’d not visited with since childhood.

Sinor and her sister Lucille, who has since walked on, were both present at the powwow where the seating consisted of hay bales. Chairman Barrett, who was at that same event in 1974, confirmed that detail.

“Things kind of improved thanks to you Rocky!” stated Sinor to a room full of laughter.

As soon as she could walk, she joined her father in the cotton fields as a picker.

“He put a string and an old gunny sack, if you know what that is, and threw it over my head. When I filled my sack up, he’d put it in his.”

She attributed her long life to being tough and hardworking, fed in part

by buttermilk and corn bread, and can still describe in vivid detail of jumping out of her father’s covered wagon as it rolled up Keetonville Hill, west of present day Claremore, Oklahoma.

“My dad didn’t own a car until I was grown,” she recalled. “We travelled in a wagon.”

Sinor described travelling across the state in the days when every town was within a day’s wagon ride of one another.

“I’ve stayed all night in many a wagon yard. When we would get close to a town and the weather would get cold, every little town had a shelter and we’d pull in with the wagon and slept in the wagon.”

“It was fantastic to be invited to Alta Mae’s birthday party,” said Vice-Chairman Capps. “Just speaking to her about her life, and her experiences, it takes me back to my memories of my grandmother. I’m honored she allowed us to participate.”



October is an eventful month. Enjoy park concerts, fall picnics and harvest festivities with a Pendleton picnic towel!

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PBA returns to FireLake for 2017 events

The Professional Bowlers Association's successful relationship with the Citizen Potawatomi Nation, the Grand Casino Hotel & Resort, FireLake Bowling Center and FireLake Arena will expand in 2017 when the Shawnee-based organizations will again host the PBA's signature event, the FireLake PBA Tournament of Champions, and add a second to-be-announced summer event.

The premier event for PBA champions will conclude on Sunday, Feb. 19, with live ESPN coverage of the five-player stepladder finals staged in a special installation inside FireLake Arena. All preliminary rounds will be conducted right next door at the 24-lane FireLake Bowling Center.

In addition to the Tournament of Champions, Grand Casino will host the annual PBA Hall of Fame dinner, and the sponsoring organizations will partner with the PBA in creating a new tentatively-titled FireLake Oklahoma Open tournament during the summer months. Dates have not yet been determined.



Chris Skillings, Jesper Svensson, Tracy Peltier and PBA CEO and Commissioner Tom Clark at the 2016 Tournament of Champions. Photo courtesy of PBA LLC.

"Since 2014, Citizen Potawatomi Nation, Grand Casino Hotel & Resort, and FireLake Bowling Center have been outstanding partners," said PBA CEO and Commissioner Tom Clark, "and our relationship just continues to grow. The 2015 championship finals in FireLake Arena were

spectacular, one of the best venues we've ever had the pleasure to work with. It's great for the PBA and its players to not only have an opportunity to return to Shawnee for the Tournament of Champions, but also for a second event we're working on right now."

Last year's pre-Super Bowl timeslot for the Tournament of Champions drew nearly one million viewers to the ESPN live broadcast. At that time, the FireLake-PBA Tournament of Champions finale was the highest rated PBA telecast of the broadcaster's 2015-16 season, and was a 17 percent viewer increase over the previous year's tournament.

"Our tribal leadership is a firm supporter of the PBA, and the growing numbers of spectators at events inside our facilities and on television show that support is well founded," said FireLake Bowling Center Director Chris Skillings. "This community loves hosting the PBA, and we're proud to bring a professional sporting event to FireLake and the Grand Casino Hotel & Resort."

Community garden produces one ton of produce

The one-acre CPN community garden produced its first successful spring and summer crop in 2016. After several months of tilling, watering, sweating and weeding, Cultural Heritage Center Director Kelli Mosteller, Ph.D., and Assistant Tribal Historic Preservation Officer Andrew Gourd calculate that 2,000 pounds of produce were harvested and distributed this summer.

"This year was very successful," Mosteller said. "We had a lot of community involvement – not as much as we would ultimately like long-term – but people are just now getting familiar with it. Once people realize this is a project that is sticking around, community members can make it one of their weekly activities with their family. They can sweat for two hours after sitting at their desk all day and give back."

Preparation and planting for the third fall crop for the community garden began in late August and will continue for the first two weeks of September. Gourd told the *Hownikan* that they will be focusing on root crops over the next few months and he saved seeds from past onions, garlic, potatoes and winter wheat to grow this fall.



The Potawatomi word for pumpkin is wabgon.

Mosteller said that the straw that comes from winter wheat is good ground cover that puts nutrients back into the soil.

The community garden initiative first began with a fall garden in August 2014 on a small plot of land behind FireLake Golf Course. The garden moved to the CPN Eagle Aviary in spring of 2015, but floods in May that year rained out the majority of the crops.

"This was our first spring harvest because last year all of the plants besides okra washed away with three

devastating floods back to back to back," Mosteller recalled.

In addition to the community involvement, Mosteller believes the distribution of the produce has been well-received. Staff who work at the administration building, CPN Cultural Heritage Center and CPN Wellness Center along with tribal elders have enjoyed the harvest. CPN Healthy Heart Coordinator and Dietitian Torie Fuller, MS RD/LD, and her staff have used the crops for cooking demonstrations. The green-striped squash is a favorite among the elders.

"At the elder's center, as soon as the produce shows up, it's gone, especially the green-striped squash. They go crazy over those things," Gourd – a Seneca-Cayuga Nation tribal member – said.

"We will track the distribution more closely next year because this is the first year we have a successful crop. Our first fall, we had 10 varieties of plants so most of that was used by the cooking demonstrations," Mosteller said.

The produce is reaching CPN elders, even if they aren't able to help in the garden that much. Participants in the tribal youth programs at FireLodge have worked in the garden several times this summer, but Mosteller believes that younger tribal members could be more involved. Next year, staff would like to incorporate community garden work days and outdoor cooking demonstrations into youth activities that Cultural Education Specialist Lakota Pochedley is planning.

CHC staff hopes to receive grants to fund the expansion of the community garden in the future. For more information, join the [Gtege-men: CPN Community Garden](#) Facebook group.

Citizen Potawatomi Nation

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William Polke’s journey on the Trail of Death

In 1838, the Potawatomi Indians in the state of Indiana were forcibly removed from their ancestral homelands by order of the U.S. government. The 859 Potawatomi who started the journey travelled across Indiana, Illinois, Missouri and finally Kansas before finally arriving at their intended destination. The loss of life, 41 in total, resulted in the removal becoming known as the Potawatomi Trail of Death. Below are excerpts from a journal of one of the trail’s participants, William Polke.

Tuesday, 2 Oct. 1838

“We struck our tents at 8 this morning, and prepared for a march. Ow-ing to the very great curiosity manifested by the citizens generally, Judge Polke, after being solicited, marched the emigration into the square, where we remained for fifteen or twenty minutes.”

“Presents of tobacco and pipes in abundance were made by the citizens to the Indians, who appeared quite as much delighted with the favor shown them as with the excellent music of the band which escorted us around the square. We continued our journey, and at three o’clock reached our present encampment about sixteen miles from Jackson-ville.”

“The day was excessively warm and the dust very afflicting, added to which water was scarcely to be found on the route. Provisions and forage we find in considerable quantities, without difficulty.”



Abram Burnett, later a leader of the Potawatomi in Kansas, was a member of the 1838 Trail of Death.

Wednesday, 3 Oct. 1838

“Left Exeter encampment at a little before eight o’clock, and without any occurrence of note reached the Illinois River at about 11 - nine miles distant from last night’s camp. Preparations were made for fer-rying the river, and we embarked in keel and flat boats directly after our arrival.”

“The day was spent in crossing and re-crossing the stream, and by nine p.m. we succeeded in landing the last of the baggage wagons. We are now encamped on the opposite shore from Naples, where we shall perhaps remain to-morrow, to recruit the fatigues of the last few days. A child died directly after our arrival at the river.”



Wednesday, 10 Oct. 1838

“The settlement of yesterday was concluded today, and every person engaged in the service, save the of-ficers of the emigration, was paid up to the thirtieth. In order to allow the wagoners an opportunity of repairing their wagons, shoeing their horses and making other repairs necessary for the safe prosecution of the jour-ney, much extra ferriage was done during the two days of our encamp-ment at the river.”



Ashkum, a member of the Trail of Death.

“This might have been avoided by remaining on the Quincy shore, but the dissolute habits of the Indians and their great proneness to intoxication, forbid such a step on the part of the agents of the government. At sunset all the wagons that had been repair-ing, were in camp, and we were pre-pared for next day’s journey.”

Saturday, 20 Oct. 1838

“Left Chariton Encampment at eight o’clock this morning. The road was quite muddy and the air very cold. At 12 we reached our present Encamp-ment on Grand Chariton, two miles from Keatsville.”



Chief Topinabe

“Tomorrow being the Sabbath we shall remain in camp. The health of the Indians is almost completely re-stored. There are perhaps scarcely a dozen cases in camp.”

“Subsistence beef and flour - of which the Indians are becoming tired. Bacon and pork cannot be procured. Forage hay and corn. Distance travelled to-day eleven miles.”

Monday, 22 Oct. 1838

“At an early hour this morning we left our encampment, and passing through Keatsville (Keytesville), journeyed towards the Missou-ri River. At two o’clock p.m. we reached Grand River, preparations for the ferriage of which had before been made, and immediately com-menced its crossing.”



“By dark all the Indians and many of the wagons were over. The re-mainder will cross in the morning early and by 12 we hope to be able to continue our journey. Distance travelled today fifteen miles.”

Wednesday, 24 Oct. 1838

“This morning before leaving camp a quantity of shoes were distributed among the indigent and barefooted Indians, the weather being too se-vere for marching without a cover-ing to the feet.”



“At eight o’clock we left Thomas’ encampment, and at 12 reached Carrollton, near which place we are now encamped. Distance 12 miles. Nothing occurred on the way. The cold was intense on the prairies.”

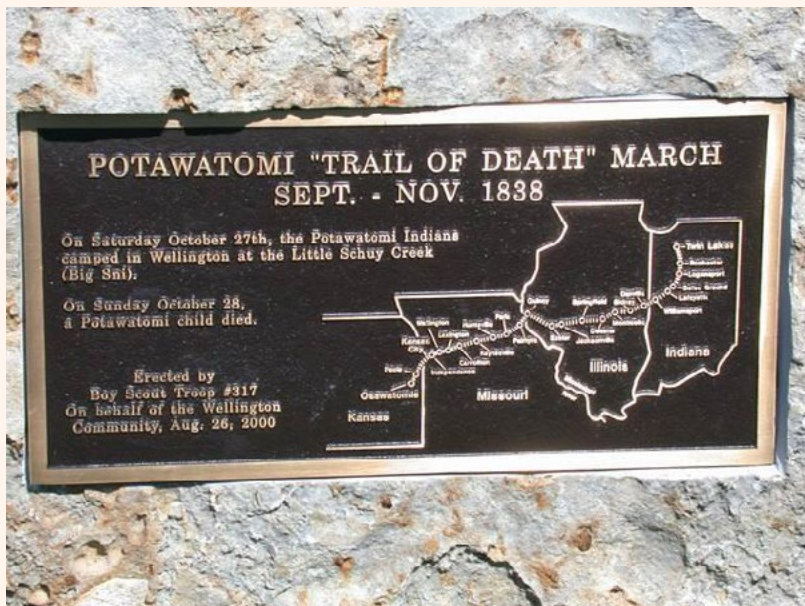
“The country through which we passed today is very much excited. Nothing is heard—nothing is talked of but the Mormons and the difficul-ties between them and the citizens of upper Missouri. Carrollton is nightly guarded by its citizens.”



The marker at Grove Island, Ill., west of present day Springfield. Photo courtesy of Waymarking.com

Saturday, 27 Oct. 1838

“At sunrise the ferry boats were busily plying from shore to shore. As fast as the emigrants reached the southern bank they were hurried on their journey. At two o’clock the party were all over the river, and hastened to join the front of the emigration. At four o’clock the front of the party reached our encampment at Little Schuy Creek, eight miles from last night’s camp.”



*The marker in modern-day Wellington, Mo. just south of the Missouri (Grand) River that the Potawatomi crossed.
Photo courtesy of www.potawatomi-tda.org*

Monday, 29 Oct. 1838

“At eight o’clock we resumed our journey—the morning being delightful and fine for travelling. At 12 we reached Prairie Creek, 10 miles from Schuy Creek. Subsistence flour, corn-meal, beef and pork and game of every kind. Forage, corn, hay and fodder.”

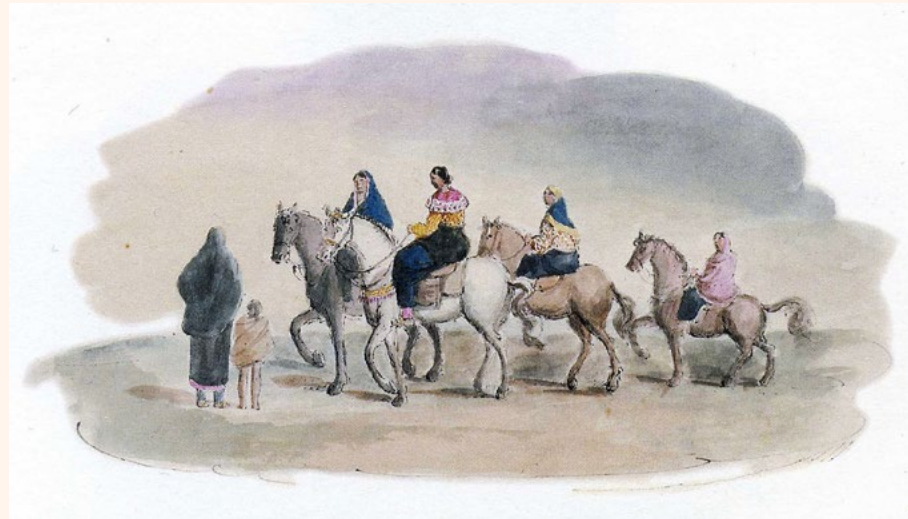
“About five o’clock Capt. Hull arrived in camp with the Indians left at Logansport and Tippecanoe, numbering in all some 23. They are tolerably good health and spirits and will perhaps accomplish the remainder of the journey in the company of our party.”



Camp scene with woman pounding grain, 1837.

Monday, 29 Oct. 1838

“At eight o’clock we resumed our journey—the morning being delightful and fine for travelling. At 12 we reached Prairie Creek, 10 miles from Schuy Creek. Subsistence flour, corn-meal, beef and pork and game of every kind. Forage, corn, hay and fodder.”



Aboriginal Equestrians Pottawattamies, 1837.

“About five o’clock Capt. Hull arrived in camp with the Indians left at Logansport and Tippecanoe, numbering in all some 23. They are tolerably good health and spirits and will perhaps accomplish the remainder of the journey in the company of our party.”

Monday, 29 Oct. 1838

“Left encampment this morning at half after seven o’clock—the company under Capt. Hull being attached to the emigration—and at 12 o’clock passed Independence. At one we reached our present encampment two miles south of Independence, and ten miles from the camp of yesterday.”

“After reaching camp in the evening a small quantity of shoes were distributed among the emigrants. Many Indians came into camp during the afternoon much intoxicated.”



Wife of Mjoquis



Tribal member Roy Wano puts giant U.S. flag to rest

Where does one find a 76-by-50 foot American flag nowadays?

The one man to ask is CPN’s Roy Wano, an event coordinator for the Naval Enlisted Reserve of Oklahoma, who organized a retirement ceremony at FireLake Arena in late August to officially retire the group’s gigantic American flag.

Originally purchased by the organization in 1976 for around \$3,000, the banner was a perfect accompaniment to celebrate the United States’ 200th anniversary. For Oklahoma residents attending an event in the last three decades who’ve seen a basketball court sized large American flag, it’s been a result of Wano’s work in getting it to whoever requested its use. It never cost anything for the flag to be used at an event.

“It’s an honor just to take it somewhere and see someone covering their heart and saluting the flag,” explained Wano. “It’s something special.”

In lieu of rental fees for the flag, Wano told *The Oklahoman’s* Steve Gust that the naval enlisted reserve asked that a \$50 donation be made to the group.

“We used that to help veterans,” Wano told Gust. “If someone needed groceries, we could buy them.”

The long serving flag was officially retired at a ceremony attended by approximately 200 at FireLake Arena. Color guards and tribal veteran groups from many Oklahoma tribes attended the event, with opening prayers and ceremonies taking place.

The CPN Veterans Organization Color Guard helped carry the colors to open the event.

The Oklahoma branch of the U.S. Sea Cadet Corps also took part in color guard activities as well.

Typically, Wano explained, the flag is carried in parades by troops of Boy Scouts, with more than a dozen people needed at minimum to keep it off the ground. In fact, since it was originally purchased by the Naval Enlisted Reserve of Oklahoma it in 1976, it has only been folded into a triangle once.

“It’s just so large, and it takes so many people, probably 30 or 40 people, that it really is difficult to do it properly and in an honorable fashion,” said Wano.

Now that its service is complete and the flag has been officially retired, it doesn’t mean the end of Wano’s mission. The same company who made the original flag back during the U.S.’ bicentennial has agreed to specially make a second, despite no longer creating the large-scale flags.

“It’s being made right now,” Wano commented in late August, “so we should have it in the next few weeks.”

The Texas company, U.S. Flag and Flagpole Supply LP, knowing about the Naval Enlisted Reserve of Oklahoma’s mission, has agreed to match



Roy Wano

its 1976 price for the flag and is selling the new one for just \$3,000.

“They were gracious enough to help us in the replacement of our flag, at a price that would allow us to continue our mission of honoring our nation’s veterans,” said Wano.

Wano, though not a service veteran, is a recognizable figure with the CPN Veteran’s Organization in Shawnee, attending their monthly meetings on occasion as part of his service with the naval enlisted reserve. He is also the son of well-known tribal veteran Max Wano. In the coming months, the younger Wano says he’ll be working with CPN on preparations for a burn for the retired flag.



Flag retirement at FireLake Arena.

CPN Veterans report: October 2016



By Daryl Talbot, Commander of the CPN Veterans Organization

Bozho,

I came across some rules that were suggested for a good old age, but I thought they could apply to veterans or anyone at any age. The following are those rules:

- Use the money you’ve saved. Use it and enjoy it. Don’t keep it for those who may have no idea of the sacrifices you made to get it. Enjoy the present moment. The sand of time is running. If you watch an hourglass, you’ll notice that as the sand runs out it gets faster and faster.
- Keep a healthy life with moderate exercise (like walking every day), eat well and get your sleep. It’s harder to remain healthy these

days, so, keep in touch with your doctor. Get tested even when you’re feeling well. Stay informed.

- Always buy the best, most beautiful items for your partner in life. One day one of you will miss the other, and the money will not provide any comfort. Enjoy it together.
- Don’t stress over the little things. You’ve already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don’t let the past drag you down or the future frighten you.
- Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor, your surroundings, your country. You’re never down as long as you have intelligence and affection.
- Be proud, both inside and out. Show it in your appearance. When you are

well maintained on the outside, it seeps in, making you feel proud and strong on the inside.

- Keep in touch with the times. Read newspapers, watch the news. Stay involved socially. Keep in touch with what is going on and with people around you.
- Respect the younger generation and their opinions. They may not have the same viewpoint as you, but they are the future and will take the country in their direction. Give advice, not criticism, and try to remind them of yesterday’s wisdom that still applies today.
- Never use the phrase: “In my time.” Your time is now. As long as you’re alive, you are part of this time. You are still you now, having fun and enjoying life.
- Spend your time with positive, cheerful people, it’ll rub off on you and your days will seem that much better.
- Don’t give up your hobbies. If you don’t have any, make new ones. You can travel, hike, cook, read and dance. Find something you like to do and spend some real time having fun with it.
- If you have a strong belief, savor it. But don’t waste your time trying to convince others. They will make their own choices no matter what

you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that sway them.

- Laugh. Laugh a lot. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a full one. Many never get to experience a full life. But you did. So what’s not to laugh about? Find the humor in your situation.
- Take no notice of what others say about you and even less of what they may think. They’ll do it anyway, and you should have pride in yourself and what you’ve achieved. They have no idea about your history, your memories and the life you have lived. There’s still much to be written, so get busy writing it and don’t waste time thinking about what others might think. Now is the time to be free, at peace and as happy as you can be.

Remember the CPN Veterans Organization meets every month on the fourth Tuesday at 6 p.m. (or as soon as you can get there) in the North Reunion Hall on the Potawatomi Powwow Grounds. All CPN veterans and their families are welcome. A meal is provided.

Migwetch.

Major General partners with CPCDC director for veterans announcement

Oklahoma's military veterans need to know their service and sacrifices are recognized, which is in part why in 2012 the state legislature approved a plan to identify them with a small American flag and 'veteran' insignia on all state-issued IDs. However, word of the designation has been slow to filter out despite being in effect for more than four years. One Oklahoma veteran who helped spearhead the initial effort has continued to promote the initiative.

Air Force Maj. Gen. Rita Aragon stopped by the Citizen Potawatomi Nation Cultural Heritage Center's Wall of Honor memorial in August to film her version of the "Thank a Vet Challenge" on social media. The initiative pushes for Americans, both military and civilian alike, to express gratitude for the service of veterans of the past, present and future. One of the more popular aspects is individuals filming videos thanking veterans for their time in uniform, which Aragon used to encourage Oklahoma veterans to get the designation on their state-issued ID.

"It's important that we all thank veterans, so I challenge you, do it today," she said.



General Rita Aragon

Since 2012, Oklahoma veterans have been able to obtain driver's licenses and ID cards as part of a state effort to curb fraud against businesses and services offering discounts to military vets. While the ID card program has been in effect for some time, little has been done in the way of promoting the issue in the years since its inception.

Citizen Potawatomi Community Development Corporation Director

Shane Jett was speaking to Aragon at lunch recently when she brought up the topic and its lack of publicity. Jett, who joined the U.S. Navy Reserve as an officer during his time serving in the Oklahoma Statehouse, suggested that they partner with CPN's Cultural Heritage Center to film a public service announcement that could be shared online.

"We were having lunch and within two hours, we were pulling out of

the cultural heritage center having filmed it with the CPN's Tribal Heritage Productions staff," explained Jett.

The video was filmed in front of the CHC's Veterans Wall of Honor exhibit, which venerates the service of all Citizen Potawatomi Nation military veterans going back to the 19th century. Following the major general's filming of her challenge to Oklahoma veterans to get the ID, Jett stepped in front of the camera for his own.

"Veterans, you're out there, you served this great country," said Jett. "You have a right to go to your local tag agency here in Oklahoma and get your veteran ID driver's license. Show your pride and receive the thanks of a grateful state."

For service veterans of the U.S. Armed Forces who want the 'veteran' icon added to their state issued driver's license or ID card, take military discharge paperwork to a local tag agency. The designation is open to anyone actively serving or honorably discharged from any branch of the military.

Locals learn home energy savings from CPN Employment and Training Department

CPN Employment and Training staff members lead three public education meetings for current and potential clients of the Low Income Home Energy Program. By participating in the sessions, LIHEAP applicants were eligible to receive incentive payments toward their current electric bill.

Participants were asked to bring their current cooling bill to the meeting they attended. CPN's Stephanie Hawk, a community services coordinator, and Gina Bundy, a social services counselor, informed approximately 120 participants about specific tools and techniques to make their homes more energy efficient. Bundy estimated that around 100 families were assisted as a result of the classes.

Tribal Employment and Training Assistant Director Margaret Zientek explained the project's necessity for those using their program.

"We have access to the LIHEAP grant so that we can help people who are at or below 150 percent of the poverty rate with their primary cooling bill in the summer and heating bill in the winter," explained Zientek. "Because of this grant, we have the opportuni-

ty to write an education component, which is what the classes are."

Instructions on simple, cost effective measures that can be done around the house are one aspect of the classes.

"We are teaching them skills that they can use to lower and manage their own bill," said Zientek. "By putting reflective film on your windows – especially the ones that have the most exposure to the sun – they can reduce their cooling bill by significant amounts."

The instructions aren't just on physical improvements though. Education includes how to budget using plans offered by their electricity or gas providers, including using home appliances outside of peak hours.

"For people with fixed incomes, they might want to take advantage of average payment plans. The key is to pay their bill on time. In the summer, they can turn the AC up when they leave or wear lighter clothing around the house."

As part of the LIHEAP grant program's flexibility, CPN Employment and Training can incentivize those attending the meeting. The tribal program provides many of the tools necessary to help boost their home's energy efficiency.



Citizen Potawatomi Nation's Gina Bundy leads the home energy savings course.

"Just by attending the meeting they will receive items that will help. We let them choose between packages of the reflective window film for the summer or take a blanket they can use in the winter. Those who attended also get an additional \$95 or more to their current cooling bill for coming to the class."

Because the federal funds for the grant program are accessed by Citizen Potawatomi Nation, the program run by CPN Employment and

Training is open only to households with at least one member of a federally recognized tribal nation. The residence must be in the CPN service area of Pottawatomie, Lincoln, Payne, Cleveland or east of Post Road in Oklahoma County and not receive assistance from another program, like DHS or another tribe. To learn more about the tribal program, please contact CPN Employment and Training Department at 405-598-0797.

Coalition calls for legislative action to combat worst of predatory loan impact

Consumer Lending Manager Tina Pollard of the Citizen Potawatomi Community Development Corporation joined members of Voices Organized in Civic Engagement at the Oklahoma State Capitol to call on legislators to offer solutions to the issues facing citizens using predatory loans in light of new federal rules on the industry’s lending practices.

“This is a great first step for a legislative intervention but lacks the ability to enforce without proper reporting,” explained Pollard at the state capitol.

The gathering of representatives from non-profits like the Oklahoma Policy Institute, faith leaders like Catholic Charities of Oklahoma City, the Mayflower Congregational United Church of Christ and financial institutions like the CPCDC discussed new rules handed down by the Consumer Financial Protection Bureau on what are commonly known as “payday loan lenders.”

“Oklahomans are the number one user of payday loans per capita in the nation,” said Rev. Lori Walke of the Mayflower Congregational United Church of Christ. “In 2015 alone, payday lenders charged Oklahomans \$52 million in fees. The average in-



The CPCDC's Tina Pollard speaks with community leaders on the new payday loan lending rules.

terest rate on these loans is 391 percent APR.”

Speaking to the *Associated Press*, Sean Murphy, school teacher Elise Robillard described the situation she found herself in after taking out one of these loans in order to replace a set of balding tires on her car.

“I spent the better part of 15 years stuck in a cycle of debt because of the initial payday loan that I took out,” she said.

Pollard, whose organization serves Native Americans and employees of the Citizen Potawatomi Nation with credit counseling services, explained that loopholes in the federal rules established by the CFPB leave the system open to continual failure.

“With no overall tracking system by lenders, if you’re denied a loan at one lender, you can just walk to one next door who will give you one,” Pollard explained.

According to Pollard, at one time Oklahoma did have a tracking system, but it was eventually abandoned after complaints that it was too intrusive into customer’s financial history. While some have suggested implementing a tracking system with the three major credit bureaus, Pollard cautioned that might do more harm than good because many of those seeking these financial tools already have bruised credit scores.

DeVon Douglass of the Oklahoma Policy Institute shared the coalition’s enthusiasm for the CFPB’s direction, but said that Oklahoma legislators didn’t need to wait for the federal agency to act.

Citing the state’s motto of “Labor omnia vincit,” or “Labor Conquers All Things,” Douglas noted that “We stand with Oklahomans in our state who work. What we know about predatory loans is that they do not work for our state.”

CPN House of Hope advocates for victims during Domestic Violence Awareness month

Along with autumn and falling leaves, October also brings to light a difficult, yet important, subject. October is Domestic Violence Awareness Month and according to Amanda Chapman – the House of Hope domestic violence prevention initiative consultant – it isn’t easy to know at the beginning of a relationship if a partner is abusive.

“I think it is wonderful that the month of October is Domestic Violence Awareness month; however, it happens every day,” Chapman said. “One in four women and one in seven men will be victims of domestic violence. It does not discriminate because of race, age, gender, sexual orientation or economic status. It can happen to anyone.”

Often, people only perceive domestic violence to be manifested as physical - hitting, punching, slapping, kicking or biting - but there could be more to it. Domestic violence can look different in each relationship, but Chapman told the *Hownikan* what signs call for intervention.

Some of those signs may include:

- Isolating partner from family and friends, controlling who they see and what they do



An estimated 1.3 million women are victims of physical assault by an intimate partner each year.

- Insulting or putting partner down
 - Blaming partner for their problems or mistakes
 - Destroying property or hurting pets
 - Intimidating partner with weapons
 - Controlling finances
 - Making partner feel worthless
 - Tearing down partner’s self-esteem
- “If you begin to see any of these

signs, it is important to reach out for help,” Chapman said. “Talk to a trusted family member or friend or seek out programs in your area that offer services. They can help you begin the process to regain the life you deserve. All domestic violence programs are confidential.”

Chapman notes that it is important for friends and family members to be supportive of the victim because it takes an average of seven attempts before a victim finally leaves an abusive situation. People may stay in the relationship because they love

their abusive partner, for the sake of their children or because they worry about judgment from family and friends.

“We all want that sense of family and we hold on to the good times hoping that the abuser will change,” Chapman said. “Think about it, if someone you love tells you that they will change, you want to believe them. Some victims may not know what a healthy relationship looks like and believe that the abuse is a normal part of life, especially if the victim has grown up in an abusive environment.”

The CPN House of Hope provides services to victims of domestic violence, sexual assault, stalking and dating violence, regardless of race, age, gender, sexual orientation or financial status. It provides victim advocacy, support groups, parenting classes, transportation, court advocacy and safe dating education.

If you see any of these signs of abuse, please contact House of Hope by visiting cpn.news/HouseOfHope or calling 405-275-3176 or the National Domestic Violence Hotline at 800-656-4673.

TRIBAL ELECTION NOTICE

The office of tribal chairman and CPN Legislative Districts 1, 2, 3 and 4 are up for election on CPN Election Day, June 24, 2017. Those running for the office of tribal chairman must reside in the State of Oklahoma and be 40 years old on Election Day. Candidates for the legislative districts must reside in the district in which they are running and be at least 18 on Election Day. A map of the tribal legislature can be found at <http://cpn.news/CPNMap>. Candidate filing forms must be in the hands of the CPN Election Committee by no later than 5 p.m. CST on January 11, 2017 to be considered. These declarations must be filed through U.S. Postal Service. Filing forms can be requested by writing to hownikan@potawatomi.org. Candidate filing forms will be available starting in November 2016.

TRIBAL ELECTIONS WILL TAKE PLACE AT THE ANNUAL FAMILY REUNION FESTIVAL ON JUNE 25, 2017, WITH ABSENTEE BALLOT REQUEST FORMS MAILED IN THE SPRING OF 2016. ALL CPN MEMBERS NATIONWIDE WILL BE ELIGIBLE TO VOTE ON THE TRIBAL BUDGET ON ELECTION DAY AS WELL AS THE OFFICE OF TRIBAL CHAIRMAN.

An interview with former PLP Paige Willett Lough

Paige Willett Lough is the operations director for KGOU Radio, one of the metro’s National Public Radio member stations, and host of the popular morning show *All Things Considered*. She is also a Citizen Potawatomi tribal member and descendent of the Toupin family.

In 2010, Lough participated in the Potawatomi Leadership Program and then she went on to earn her journalism degree, with an emphasis in broadcasting and electronic media, at the University of Oklahoma in Norman.

Lough talked to the *Hownikan* about how the PLP shaped her. In addition to answering these questions, she learned a tremendous amount about herself, her family and being Potawatomi during her summer in the PLP and made lifelong friends. She encourages any college student thinking about applying for the program to do so. Learn more about the program at plp.potawatomi.org.

What made you want to participate in the PLP?



Paige Willett Lough

I wanted to participate in the PLP because I felt like it would be a great immersive experience to learn a lot about my tribe and find out more about a side of my family I didn’t really know too much about. I also thought it sounded like a fun way to spend the summer.

How did the PLP make you see the

tribe differently?

I became so proud of everything the tribe is doing for the community and for tribal members. I am proud of how independent the tribe has become. There’s so much excitement for the future. The naming ceremony at the end of the summer was also one of the most beautiful, emotional experiences of my life.

How did the internship you had in the CPN Public Information Department shaped your career?

In my public information office internship, I got to write a story for the *Hownikan*, take photos of tribal events and got to be on the radio with Mike Askins and see how a commercial radio station and morning show is run. I got to work with Michael Dodson in the Public Information Department and Askins at KGFF.

It was a confirmation that I wanted to pursue journalism and writing. Right out of college, I worked for the Oklahoma Tourism Department as a web writer and content developer. I have stuck with writing and radio since I graduated college.

Are you still involved in the tribe in some way?

I have worked a few times photographing a couple of the family reunion festivals since I participated in the PLP and worked on a freelance basis for the *Hownikan*.

Citizen Potawatomi Nation BY THE NUMBERS

DISTRICT 7

Total Tribal Population 2,040
Scholarships in Spring 2016 55
Deaths in 2016 10

Most Populous CPN cities:

Sacramento, CA 101 Reno, NV 45
Fresno, CA 93 Clovis, CA 34
Stockton, CA 88 San Francisco, CA 31
San Jose, CA 63 Honolulu, HI 7

Age by population:

100+ 1
90-99 16
80-89 30
70-79 114
60-69 264
50-59 324
40-49 240
30-39 264
20-29 374
13-19 159
01-12 154

CPN Legislative District 7 encompasses northern portions of Nevada and California and part of Hawaii. Information provided by Citizen Potawatomi Nation Tribal Rolls



Bozho Nikanek,
(Hello my friends)

Our offices and our tribal legislators have received a number of questions about the Citizen Potawatomi Nation's position and support of the Standing Rock Sioux and their problems with the Dakota Access Pipeline. In September, we submitted a letter to President Obama and staff which explained our support for the Standing Rock Sioux. For those who have not heard of the protests, it is worth paying close attention to. It is a matter of tribal sovereignty that could eventually affect us all.

The Standing Rock Sioux are mainly protesting because the U.S. Army Corps of Engineers "fast tracked" the pipeline right of way application and left the tribal government out of the process completely. The pipeline was initially moved after objections that an oil spill could interfere with the City of Bismarck's water supply. The new plan was to put

Tribal Chairman - John "Rocky" Barrett

it within a mile of the Standing Rock Sioux' reservation, crossing the Missouri River, which the tribe says will threaten their water and lands. Peaceful protests against the pipeline have ratcheted up since, with tensions growing in early September when the pipeline's private security, armed with dogs and pepper spray, confronted protesters as they protested the bulldozing of sacred areas and burial sites on the tribe's former land. This is land that was taken from the tribe in 1958.

Ultimately, the Obama Administration stopped the project until a full review of the environmental impact is done that will satisfy the Standing Rock Sioux, even though the Courts earlier denied an injunction against the construction contractors. The entire matter is complicated, and made somewhat explosive by the presence of a make-shift city of nearly 8,000 people camped near the construction site. The Standing Rock Sioux Tribal Chairman was arrested and published a list of supply needs for the protesters camp and the protest - that included a request for "Young Warriors."

Our response as the CPN Tribal Government was directed at the main issue of the violation of Standing Rock Sioux territorial sovereignty, federal reg-

ulatory due process, and the need for the federal government to honor the tribe's right to self-govern.

Our letter discussed the safety issue, and suggested a re-routing of the pipeline around the lake, with the Standing Rock Sioux as a principal participant in the operation and construction of their segment of the pipe to insure safety. The Standing Rock Sioux tribe has minerals to develop and wants to do so, but their website says they are "too far from transportation" to make the development viable. This is an opportunity for them to take control of their own destiny and turn this into a gain for their people. When it comes to ensuring the pipeline's safety, we believe that the tribe itself is best placed to ensure the pipeline remains within compliance of the highest standards. After all, the Standing Rock Sioux are the ones who have to live with this in their backyard. Who else is better motivated to ensure it is properly built and maintained? A well-crafted agreement with the pipeline could yield sufficient income to accomplish this without cost to the Tribe.

I pray that the growing frustration of such a diverse group of protestors does not grow from impatience for a fight, especially since they are there and envision themselves as

"warriors" who have a duty to resolve the confrontation with violence. Any act of violence by either side will quickly escalate out of control.

I pray that the emotion of the moment does not drive our Standing Rock Sioux tribal sisters and brothers to simply refuse to participate in this or future projects. The issue began over a lack of tribal control. That should be the primary objective. They are in the same spot the Alaska natives were in during the lead up to the construction of the Alaska Pipeline. This is the outlet point for the largest oil field in the United States. It will get built somewhere. Especially in light of the Obama veto of the XL Pipeline, which was all Canadian crude oil, this line will get built - somewhere - because it is American oil. If the Standing Rock Sioux government can control the standard of safety of the pipeline and get trained and paid for it, which is safer than the present rail and truck transportation scheme, they stand to benefit in many ways. A pipeline is no more or less "traditional" than a paved highway across their reservation, and no more or less a threat to sacred grounds. Standing Rock needs to have control and to take the governance of their land away from the federal government and its contractors. The railroad is already

there. It already poses a bigger threat than the pipeline. These pipeline companies and federal agencies should be required to comply with the most conservative standards of existing federal law and consult with the Tribe before doing work in historic tribal areas. Imagine if a modern day cemetery was bulldozed for an oil pipeline. People would be enraged.

CPN has more than 15 crude oil and petroleum liquids pipelines in our reservation area made up of nearly 500 miles of pipe. We monitor them and have had no major spills in my 30 years of tribal office. We have little control, however, because we are an Oklahoma tribe. Our biggest problem we can control is salt water spills from lease sites and oil transport truck wrecks. The Standing Rock Sioux Tribe has the opportunity to assume leadership in the project rather than just expressing outright opposition. They have a greater number of rights under the law if they are in the deal rather than out. Thank you for the privilege of serving as your tribal chairman.

Migwetch,

John "Rocky" Barrett
Keweoge
"He leads them home."
Tribal Chairman



Vice-Chairman - Linda Capps

lives? What if we could do so by making healthy choices in our daily living? What if we could encourage our family members, neighbors, friends, community leaders and educators to do the same? What if there were areas in the United States and throughout the world in which this has occurred? I am pleased to announce that there are no "what ifs"! The concept of people who live longer, healthier and happier is well and alive in approximately 26 communities within the United States. These communities are called Blue Zones. The concept has impacted 26 communities, 1,685 organizations, 165,028 pledge actions taken for a total of 1,686,731 lives impacted.

The communities have found a key to a healthier environment which yields longer and healthier lives. There are presently Blue Zones in California, Florida, Hawaii, Iowa, Minnesota, Oregon, Texas and Wisconsin. What are these Blue Zones and how does this process work? Studies show that there are nine choices that people can take to live longer, happier lives. The nine choices include: move naturally; purpose; down shift, 80 percent rule, plant slant, wine at 5, belong, loved ones first; and right tribe.

Move naturally is not about strenuous exercising; rather it

is a concept to live in communities that constantly remind you to move without thinking. Don't rely on mechanical devices to do work for you; keep in motion. Get plenty of natural exercise.

Purpose - is a very important way to manage daily living. Experts say that sense of purpose in one's life may contribute to a number of years of life expectancy. Know why you are getting up in the morning, and have a plan for what you are going to do that day.

Down shifting helps relieve the stress that all people experience in life. Whether it is great or small, there is a certain amount of stress in each of our lives. The key to better living is to learn how to control stress this stress.

80 percent rule reminds us to stop eating when we are 80 percent full. The other 20 percent may well be the way to lose or maintain weight. Try to keep from eating after your latest meal in the afternoon/evening.

Plant slant is concentrating on eating fresh fruits and vegetables...especially beans in the variety of fava, black, soy and lentil. Be aware of the times per week that you eat meat and strive to curtail your meat intake.

Wine at 5 refers to people drinking a glass of wine per day. This may not go along with some people's religious beliefs; therefore, it is not for everyone. In addition, this concept is designed for adults. Dozens of studies throughout the years have discovered that wine intake is beneficial to the human body. Of course, we realize that this may not apply to those who have health issues that prohibit alcohol consumption, but for the most part, limited intake of wine is good for the body.

Belong to a faith-based organization of your choice. Research shows that attending faith-based services four times per month could add over a dozen years to a person's life expectancy.

Loved ones first is a universal favorable concept. Put the welfare of your family first. This may mean providing for parents, grandparents or even siblings. Invest time and love in your children. Take extra steps to show your loved ones that you care.

Right tribe does not necessarily mean our tribe or an Indian tribe at all. It refers to having a social circle that supports healthy behaviors. It may be a group of family or friends committed to each other for life. Social networks of long-

lived people have favorably shaped their health behaviors.

The Avedis Foundation of Shawnee has introduced the Blue Zone concept to our community. An initial meeting of city and organizational leaders occurred on Monday, August 22. To go forward with the Blue Zone concept, it would take a mixture of commitment within the area. Presently, the Avedis leadership and that of other organizations are working with Blue Zone proponents to explore the possibility of the interest in such a commitment for our community. CPN grocery enterprise director and I have a meeting on Tuesday, October 11. We are excited about learning more details on the Blue Zone concept and how we can apply it to our community. Numerous articles on the Blue Zone information can be found on the Internet.

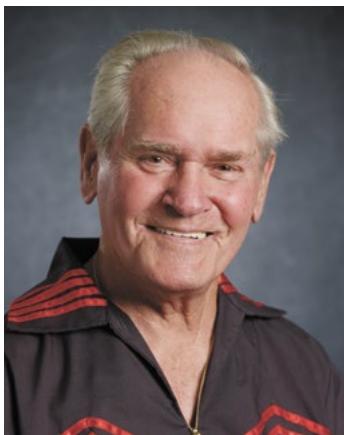
I know there is not a fountain of youth, but perhaps we can make healthy choices that will enable us to live happier, healthier, longer lives.

For more information, Contact Tony Buettner at info@blue-zones.com or 612-596-3600.

Migwetch,
Linda Capps
Vice Chairman
405-650-1238 cell
405-275-3121 office
lcapps@potawatomi.org

Is there really a Fountain of Youth? I can remember as an elementary student I thought the answer to that question was true. It was because I had heard the fable of Ponce de Leon in 1573 searching for the notorious fountain. According to history, the Spanish explorer and his crew became the first Europeans to set eyes on Florida. Perhaps the beauty of Florida itself added to the myth of life-extending magical water. But the Ponce de Leon story was not the only historical mention of sacred waters. Legends of fountains and other sources of restorative waters cropped up in places such as the Canary Islands, Japan, Polynesia and England.

As adults, we know that there are no such miracle-related bodies of water that merely by drinking, we could find everlasting youth. But what if generations of people could live longer, healthier, happier



District 1 - Roy Slavin

Oklahoma participating in the Pottawatomi Leadership Program. She will talk about her experiences there.

Our District 1 meeting is from 10 a.m. to 3 p.m. Lunch is served and gifts for our wisest, youngest and furthest traveled members will be presented. After the meeting, I have a naming ceremony scheduled for a young man (10 years old) who has requested a Potawatomi name. As you can see I have a busy day scheduled, but it is a day that I am very much looking forward to. I always enjoy our district meetings because it affords me the opportunity to meet new people and make new friends. Namings are just special, especially when it is a young person like this one who is becoming interested in his heritage.

Also I need to mention that District 1 and Eva Carney's

district 2 are making plans for a joint meeting in Arlington, Virginia on November 12 so mark your calendar and watch the mail for invitations.

On another note, it is fall and flu season is fast approaching so don't forget to get your flu shot. Flu season in the United States can begin as early as October and last as late as May. An annual seasonal flu vaccine (either flu shot or nasal spray flu vaccine) is the way to reduce the chances you will get seasonal flu and spread it to others. So please get your flu shot and keep District 1 free of the flu.

As always if you do not get email or snail mail from me



CPN Legislator Roy Slavin invites you to a **District 1 meeting**

**Oct. 1st, 2016
10am-3pm**

Main Street Landing Performing Arts Center
60 Lake St, Burlington, VT 05401

Learn more about CPN programs, receive tribal gifts, and enjoy a provided lunch. Guest speaker will be 2016 PLP alumna Susannah Howard who will talk about the tribe's summer leadership program for college students.

Please RSVP by Sept. 23, 2016 to
rslavin@potawatomi.org
or toll free at 1-888-741-5767.

Bozho Nikan,

As I write this I am preparing for a District 1 meeting in Burlington, Vermont. Topics for discussion will be information about the CPN facilities and services that our members in the far northern reaches of the nation may not be aware of. Perhaps we can even persuade some of them to schedule their vacation for the last week end in June and attend our Family Reunion Festival. Also on the agenda will be a presentation by Susannah Howard, who spent her summer in Shawnee,

it is because I do not have your contact information and do to privacy issues the nation cannot provide me with that information.

I may be reached at 1-888-741-5767 (toll free) or Roy Slavin 6630 NW Revere Dr. Kansas City, Missouri, 64151.

Thank you for allowing me the privilege of serving as your representative.

Igwien (heartfelt thanks)

Roy Slavin
Netagtege (Forever Planting)
rslavin@potawatomi.org



District 2 - Eva Marie Carney

tation attached with this column. The church is about a mile from Rte. 66 and a mile or so walk from the closest Metro station, East Falls Church on the Orange Line. Visitor and handicapped parking are available both in the front and to the rear of the building. For fun I've included with this column some photos of past Feast participants.

We hope folks from all over Districts 1 and 2 will be able to participate. Paper invitations are being mailed to those within a few hours' drive to D.C., but all District 1 and 2 citizens are welcome if you can get there. Please note that your RSVPs are needed to ensure we have sufficient supplies for all. Please RSVP to Roy Slavin (rslavin@potawatomi.org) or to me with names of guests and ages (if younger than high school age), by Monday, Nov. 7, 2016.

The Feast will start at 10:30 and go until 2 pm. Please come ready to craft and share stories/events from your family's year, and bring a dish (with recipe if you'd like) to pass. Roy and I will sup-

ply main dishes (one vegan) and drinks, and have craft supplies available for all. Leslie Deer, a very talented artisan who works from our CPN Cultural Heritage Center, will instruct on Potawatomi applique pattern design, and also offer dance instruction. Some of the children attending will participate in a hand games exhibition, too. (We did this at the District 2 Nashville meeting and it was great fun.) Children are very welcome at the Feast and to participate, with a parent or grandparent, in the applique pattern instruction. To top off the day there will be CPN-themed giveaways and a raffle and we hope you'll wear moccasins, especially if you made them in connection with our earlier Fall Feasts where instruction on moccasin-making and -beading was provided. (The 2016 Feast is a few days before National Rock Your Mocs Day on November 15, 2016.)

Maryland, Arkansas and Florida: I will be scheduling

Fall CPN Family Feast for Districts 1 and 2

NOVEMBER 12TH • 10:30AM TO 2PM

Church Hall of the Little Falls Presbyterian Church
6025 Little Falls Road, Arlington, VA 22207
(703) 538-5230 • www.littlefallschurch.org

Free parking, handicap accessible. Please bring a dish to share (family style). We will provide entrées and drinks. The CPN Cultural Heritage Center's Leslie Deer will discuss regalia, teach Potawatomi applique design and southern cloth style dance. We will raffle items, host a giveaway for all attendees, and, time permitting, teach traditional hand games. Children are welcome.

To ensure we have enough craft supplies, please **RSVP by November 7** to ecarney@potawatomi.org or rslavin@potawatomi.org or leave a message with your contact details and names of attendees and how many children (with their ages) on the District 1 CPN voicemail number at 1 (888) 741-5767 or District 2 at 1 (866) 961-6988.



Bozho nikanek!
(Hello my friends)

We have some upcoming visiting opportunities:

Vermont: Legislator Roy Slavin will be hosting a District 1 meeting in Burlington, Vermont on October 1, 2016. Happily, my husband Alan Cohen and I will be attending. We look forward to meeting Potawatomi and their families who are living in that beautiful part of the country. Our daughter Elise went to college in Vermont and we had memorable family trips up that way during her college years.

Virginia: The joint Districts 1-2 Fall Feast is set for Saturday, November 12, 2016 in Arlington, Virginia, in the Little Falls Presbyterian Church Hall. See the invi-

another visit to the Archives of the National Museum of the American Indian in Suitland, Maryland for early in the New Year. I also hope to have meetings in Florida and Arkansas during the first half of 2017, since these are the two District 2 states with the largest Potawatomi populations. If you can assist me with a meeting location – a private room in a restaurant or a church or social hall that fits 60 or so comfortably – please send me a note.

Keeping in touch: With a new school year already here, I expect there are folks who have relocated to Dis-

trict 2. For the most current information I'd ask you to send me your email contact details – I send an email a few times a month – or send me a note asking me to add you to the private District 2 Facebook page (private as in only members can read and access what is posted there). About 150 of us currently are members of that page.

New books added to the District 2 library: I've updated my library list to include a couple books I found during bookstore visits on our family summer vacation to Texas. The best find is a compilation of all U.S. treaties with the Indian Tribes from 1778-1883. The spreadsheet of available books is on my website, under 'Services.' Please note that books can be borrowed – I can mail one out to you if you make a request and it's on your honor to return it to me once you've read it.

White House Conference: By the time this column is published the last of this ad-



The 2014 Fall Feast group.



The 2015 Fall Feast group.

Continued on page 20

District 2 - Eva Marie Carney

ministration’s White House Tribal Nations Conferences, scheduled for Monday, Sept. 26, 2016 will have concluded. The Chairman cannot attend so I have the privilege of representing the Citizen Potawatomi Nation. When I write next I will provide a briefing on the topics covered and also hope to report that a CPN youth leader was selected from among the applicants for a spot at the conference as part of a recent White House initiative, Generation Indigenous, to pro-

vide places at the table for Native youth.

Migwetch; let me hear from you: It is a privilege to plan and attend events with fellow Potawatomi. Thank you for these opportunities as your legislator. If you have questions, comments, or ideas to share with me I hope you will do so through email, phone or letter. Please don’t be put off by the distance between us. Building our CPN community and getting to know Potawatomi in District 2 continue to be

my top priorities as your legislator.

Kindest regards and *bama pi* (til later),

Eva Marie Carney
Ojindiskwe
Legislator, District #2
Citizen Potawatomi Nation
2200 North George Mason Drive
PO Box 7307
Arlington, VA 22207
ecarney@potawatomi.org
Toll Free: 866-961-6988
evamariecarney.com



Tiffany Carr (Virginia) Walter Hillabrandt (D.C.), Marc Pierce (Virginia) and Sue Wagner (Marylan) craft at the 2013 Fall Feast.



Bozho, (hello)

Let me start off by mentioning that on November 5 there is a joint area meeting of Districts 3 and 5 in Lubbock, Texas. See the invite on this page for more information. Our meeting will be before lunch. After lunch, there is much to see at this center about Texas days of the past. There is one room that we saw in an earlier visit that is dedicated to the Native tribe that originally lived in this area. We found this center to be a very good historical find. District 5 Representative Gene Lambert and I look forward to seeing you there.

Moving on to another matter. In our culture, we look at some things, and talk about doing what we feel is best for the next seven generations. I just attended a meeting where the focus was on what is going on now, that will have some very serious impact within the next three generations. For example, some of you may have recently seen the “60 Minutes” show about driverless automobiles. This is expected to be a fairly

District 3 - Bob Whistler

complete reality by 2025. As of the first of last month, over 1.7 million test miles have been driven by the various driverless autos. They have faced many challenges, since the idea was first tried back in 2004. But they continue the test driving in a number of states in the U.S., allowing them to learn to react to all kinds of conditions, different type signals and situations. Yes, they have had some incidents, but those have been few in comparison to the number of accidents that take place today. Over 95 percent of the accidents today are due to driver error or the driver’s condition. So the driverless car will cut that margin substantially.

Now, what effect does this have and who will be affected? There will be many jobs that disappear with the driverless car. Cab drivers for one. Gasoline stations will possibly cease to be. The insurance industry will see a drop in the number of auto policies. Very probably you may not need to actually own a car in the future. There could be an expansion of Uber to the point that the driverless autos become literally a new public transportation system. For example, you order your ride. When you get out, the auto is directed to a new address for the next occupant, and so on. If you have a newborn in the next year or so, they may never need to take a driver’s

Texas and New Mexico Citizen Potawatomi members,

join us for a joint district meeting in Lubbock!

National Ranching Heritage Center and Museum
3121 4th St,
Lubbock, TX 79409

Learn more about CPN programs, benefits, and culture with District 3 Rep. Bob Whistler and District 5 Rep. Gene Lambert

Sat, Nov. 5, 2016
10:30 to 3 pm

Please RSVP by Oct. 31, 2016 to
Bob Whistler (817-229-6217)
cpn3legislator@yahoo.com
or **Gene Lambert** (480-228-6569)
euniceilambert@gmail.com

test, let alone have a driver’s license.

The reason I chose this subject is to remind us that today our educational focus for our children tends to be directed on them being proficient in some of the areas related to science, technology, engineering, and math, or better known as the acronym STEM. Based upon our current technological growth, and the direction that we seem to be taking, more service jobs and jobs dealing with future work from home appear to be evolving. Based upon that, some of the visionaries foresee the need for our future children to be better educated in art, writing, communication and being creative. Yes, there will still be a need for the doctors, lawyers, engineers

and so forth. But for our youth who are looking for vocational careers, I would suggest that they be alert to the fact that many of the jobs today will vanish in the near future. Basically, we need to be sure that we and they are planning for the next three generations future, so those who are seven generations away are not jeopardized.

I thank my constituents for the honor of serving you, and am proud to be your representative. Should you have any area with the Nation where you feel I can assist you, please contact me. I am only one phone call away and have listed my cell phone as my primary contact.

In closing, for that those who live close enough to Lubbock to be with us on November

5, I look forward to seeing you. We have found that the last few months of each year are not good to hold an area meeting. Holidays and sporting events consume many of the weekends. So my plan is to hold the next set of area meetings for District 3 in early 2017.

Bama pi (later), and thank you for the honor of allowing me to represent you.

Bob Whistler
Bmashi (He soars)
Citizen Potawatomi Nation
District 3 Representative
112 Bedford Rd., Ste 116
Bedford, TX 76022
817-229-6271 Cell
817-545-1597 Home
rwhistler@potawatomi.org
cpn3legislator@yahoo.com

Hownikan

1601 S. Gordon Cooper Drive, Shawnee, Oklahoma

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All correspondence should be directed to *Hownikan*,
1601 S. Gordon Cooper Drive, Shawnee, OK 74801
Questions: hownikan@potawatomi.org or 800-880-9880

Address changes should be sent to Citizen Potawatomi Tribal Rolls,
1601 S. Gordon Cooper Drive, Shawnee, OK 74801



District 4 - Jon Boursaw

District 4 meeting in Garden City, October 8, 2016: I will hold a District 4 meeting open to all CPN members but invitations were only be mailed to the members living in the western counties of Kansas. If you plan to attend please RSVP to me (785-608-1982 or jon.boursaw@potawatomi.org) not later than October 4.

Meeting with National Park Service regarding Pappan's Ferry Landing Park: I attended two meetings conducted by the NPS to develop ideas for a proposed Oregon Trail Riverfront Park in Topeka on a site where a ferry operated by the Pappan brothers crossed the Kansas River. Descendants of the three Pappan brothers

later married into the Citizen Potawatomi Nation and are considered one of the original tribal families. The plans for this park will be incorporated into the overall development of both sides of the Kansas River as it passes through Topeka. The first meeting held on August 23 was attended by approximately 100 individuals. This group contained representation from almost every facet of the Topeka community, including but not limited to, Shawnee County Commissioners, Topeka City Council members, state wildlife and parks staff, county parks and recreation staff, educators, engineers, architects, historians and one tribal representative; me.

During the first day we were broken into small groups and worked towards developing our ideas of what we wanted to see included in the Park. Each group was given an opportunity to present their ideas to the entire assembly. The ideas included such things as a zip line across the river, walking trails along the river, an amusement area

for children and a gift shop. The NPS staff then took these ideas and spent the next two days developing them into two alternative proposals, which were presented on Friday morning. I attended this meeting along with approximately 70 individuals, most of whom had attended the early meeting. The NPS stated it would three to four months before they would release their final proposal. Needless to say there is no funding currently available for this park.

Meeting with the Shawnee County Parks and Recreation Department regarding Burnett's Mound: I was invited to attend this meeting, along with local residents and other interest individuals, to discuss future plans for Skyline Park which is the official name of the facilities on Burnett's Mound in Topeka, named for Abram Burnett, a member of the



You are invited to the
CPN District 4
Legislative meeting

October 8th, 2016 10 am

Clarion Inn
1911 E Kansas Ave,
Garden City, KS 67846

Please RSVP by October 6, 2016
to jon.boursaw@potawatomi.org
or call (785) 608-1982

what was later to become the Citizen Potawatomi Nation. I was asked to give a brief presentation regarding Burnett's history. Most of those in attendance had no idea of how Burnett happened to acquire this tract of land. Currently the park consists of a series of walking trails and observation points. There is a need for better parking, restroom facilities and security. Vehicle traffic to the top of the mound is very restricted. Discussion was held about creating some form of exhibits or kiosks that would tell the story of Burnett and

his contribution to the development of Topeka and Shawnee County. There is a general consensus that the name needs to be changed back to just Burnett's Mound and drop the use of Skyline Park. I will continue to work on that issue.

Recent activity: In August I was invited for the second year to give my CPN history presentation at the Shepard Center in Topeka. Again this year there were approximately 100 attendees in the sanctuary of the Lowman United Methodist Church.

As always, it is my pleasure to serve as your legislative representative.

Migwetch,

Jon Boursaw, *Wetase Mkoh*
CPN District 4 Rep.
(O) 785-861-7272
(C) 785-608-1982
jon.boursaw@potawatomi.org
Office Hours:
Tuesday 9-11 a.m.
Thursday 3-5 p.m.
Other times - Please call



Youngest in attendance, Olivia Schooley (Smith family), 3 years old.



Wisest in attendance, Edna Keeler (Copaugh-Clapp families).



Furthest travelled, Renae Rowell (Pappan family), of Dodge City, Kansas.

ACCEPTING BIDS FOR FARMING & GRAZING LEASE

160 ACRES 1 MILE SOUTH OF HWY 9 ON HWY 9A
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Approx. 112 acres open pasture, 48 acres hard woods; 2 water wells with stock tanks; low water crossing; 75% new fence, gates, & water gaps

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SPECIALIST AT 405-395-0113 OR TONYA.TURNPAUGH@POTAWATOMI.ORG

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If you would like your newspaper via email, please email your name and address to hownikan@potawatomi.org and let us know.



Bozho, Nikanek
(Hello my friends)

I received a call recently from a tribal member of the Citizen Potawatomi Nation in Oklahoma. The question was, “Gene, why is it you never sign your articles with your tribal name? Do you not have one or are you ashamed of it?”

Wow!

I really appreciated the call because I had not thought about it in that way. It was a wakeup call. It certainly caught my attention and actually reminded me of how wonderful it is to receive your name, especially through the Creator and the people you love.

Again, I thank the person who called and asked the question.

Our ancestors believed we must be named before the Creator can see our faces.

A lot of thought, prayer, history and communication goes into receiving your name. I did not take it lightly then and I take it very seri-

District 5 - Gene Lambert

ously now when naming others. I consider it the highest honor.

A ceremony without tears of peace, love and joy for the gift bestowed in the moment would be unheard of. It is a bonding as if you have just given birth to another. (You men will have to talk to your wives about that).

The sharing you go through with the “two legged” in the heart to heart talks you have is a sharing like no other.

My name is Memewekwe, meaning “Butterfly Woman.” One who sees good in others. It was given to me in Chandler, Arizona by Chairman John Barrett, Vice-Chairman Linda Capps and supported that evening by Justin Neely, director of our language department, many years ago. It was even prior to the existence of the legislature.

Native American legends say that if you have a wish you must catch a butterfly and whisper in its ear. It will carry your secret wish to the Creator and it will be granted because you did not hold the butterfly captive. They will not be able to tell anyone of your secret wish either because they cannot speak. They were given beautiful wings to fly and they can hear.

As I understand it the “Fancy Shawl Dance” is a reenactment of the butterfly and represents new life, new be-

You are invited to

CPN District 5 Meeting

with Rep. Gene Lambert

Oct. 1st, 2016
10am to 3pm

Denver Art Museum
100 W 14th Ave Pkwy,
Denver, CO 80204

Lunch with three menu items will be offered as well as gift giveaways, cultural activities, and tribal stories.

Please RSVP to Jamie Moucka
jmoucka@potawatomi.org
or call 405-275-3121
no later than Sept. 25th.

ginning and some say reincarnation of your spirit.

I can say I was given new life with the Citizen Potawatomi Nation and any service as allowed by the Creator. It has changed me tremendously.

There are many tribal legends of the butterfly and I am honored to carry the name as I do see the good in others.

Butterflies appear fragile, dart quickly and sail with the wind. They are also capable of surviving a hurricane as they move with the energy instead of against.

I am still working on that one.

Christianity has used the comparison of the resurrection of Christ to the emer-

gence of the butterfly from the cocoon...Corinthians 15:52 as life comes back even stronger than before. See www.ReligionFacts.com/butterfly for more information.

It is used often at ceremonies such as weddings, funerals, and spirit reference of any new birthing in life.

As long as we are alive we are learning and it is never ending.

Each time I think I understand a new light comes on and another level presents itself.

When the Creator decides you have lived, loved and learned as to your lessons here on earth he will call you home. So until then be grate-

ful and grow with your new experiences and knowledge.

Know that if you are still here, you aren't finished yet and are still growing.

But if your wishes have not come through, catch a butterfly and tell it of your dreams.

I have many to fulfill.

I am so very proud of my name. I am working toward achieving its capabilities.

Thank you for allowing me to spread my wings and represent you.

Migwetch,

Gene Lambert
(Eunice Imogene Lambert)
Your District 5 Legislator
Citizen Potawatomi Nation
glambert@potawatomi.org



Bozho nikanek,
(Hello my friends)

I want to start this month's column saying thank you to all who have already registered for our D6-7 Heritage Festival next month. It's hard to believe it is right around the corner. The response in just the first two weeks since invitations started arriving has been amazing!

If you are planning to attend there are a few things you will want to bring with you.

- Winter clothing – it can be chilly or even cold in early November.
- Summer clothing – it can sunny and warm in early November.
- Your favorite lawn chair.

District 6 - Rande K. Payne

- A comfortable blanket you don't mind using on the grass.

Water and soft drinks will be provided throughout the event. No alcohol please, this is an alcohol free event. Lunch and dinner will be provided on Saturday as well as breakfast on Sunday.

Be prepared to smell like smoke as we will spend time around a fire. There's nothing quite like being outside around a fire on a cool evening or crisp morning! Even though this year's Beaver Moon will only be about 30 percent during our event, the time under the sky should still be very enjoyable.

I would also like to mention that this year's Gathering of Potawatomi Nations in July was especially enjoyable for me. I have had the good fortune, for which I am grateful, to attend a few of these gatherings now and I have to say that each one seems to have its own personality. I get the sense that there is a growing desire among all of our Potawatomi tribes for connection with each other.

And I also get the impression that there is a diminishing atmosphere of “I'm more Indian than you” and “you're not Indian if you're Christian.” We'll talk more about these impressions in November.

If you are coming next month I wish you a safe and pleasant journey to and from. I look forward to seeing you soon! And I would also like to wish everyone a wonderful Thanksgiving!

Bama pi,

Wisdom from the Word: “please, if this is really so, guide me clearly along the way you want me to travel so that I will understand you and walk acceptably before you. For don't forget that this nation is your people.” Exodus 33: 13

Migwetch!

Rande K. Payne
Mnedo Gabo
Legislator District 6
31150 Road 180
Visalia, CA 93292-9585
(559) 999-3525 office
(559) 999-5411 cell
rande.payne@potawatomi.org

You are invited to the

CPN District 6 & 7

Potawatomi Heritage Festival

Saturday, Nov. 5, 2016
at 10 am

to

Sunday, Nov. 6
at 1pm

...

31150 Road 180 Visalia, CA 93292

...

Take part in crafting, archery, ceremonies, a traditional feast, games, and more.

Accommodations can be made at local hotels in Visalia within 15 minutes of Festival grounds

(559) 999-3525 **RSVP** <http://cpn.news/CAGathering>
with this information:

- CPN legislative district number,
- Names of all attendees
- Tribal TD numbers of CPN members



District 7 - Mark Johnson

Bozho nikanek,
(Hello friends)

On November 5- 6, Rande Payne and I will be hosting a combined district meeting and Fall Festival in Visalia, California. Hopefully you received your invitation postcard and have sent your

RSVP, if not and you would like to attend, you can do so on the internet at <http://cpn.news/CAGathering> or you can call (559) 999-3525. Come join us, it should be fun.

November has also become Native American Heritage Month since 1990 when the first President Bush signed a joint resolution making it so. Many resources are available online to learn about our heritage starting with our tribal website, www.Potawatomi.org and the website for the CPN Cultural Heritage Center, PotawatomiHeritage.com. Another great website

for the Native American Heritage Month is www.nativeamericanheritagemonth.gov.

The National Museum of the American Indian currently has a online exhibit called "Nation to Nation" that shows eight of the approximately 374 Treaties that were ratified between the United States and Native nations. Two of the eight are between the Potawatomi and the United States, one in 1809 and the other in 1836. Those can be found at: <http://nmai.si.edu/static/nationto-nation/>.

It is important that we teach our children about our collective history. The education of our young will help insure that some of the dark periods of our history, will not be repeated.

Once again, I would like to say what an honor it is to serve you as your District 7 representative. As always give me a call and I will be happy to work with you on any questions you may have, or provide you with additional information you may need to access tribal benefits that you are entitled to. Please also take the time to give me a call or send me an email

with your contact information so that I can keep you informed of the happenings within the Nation and district.

Migwetch / Thank You,
Mark Johnson / *Wisk Mtek*
(Strong as a Tree)
Representative, District 7
1565 Shaw Ave., Suite 202
Clovis, CA. 93611
(559) 351-0078 cell
Mark.Johnson@potawatomi.org



District 8 - Dave Carney

Bozho,

Many of you may know that I did not attend the Gathering of Potawatomi Nations this year because I was on a trip to the Holy Land. This was a 25th wedding anniversary trip and had been planned for several years.

While the Citizen Potawatomi Nation is made up of members of many faiths, the tribe has been historically Christian, and became such shortly after their first contact with Europeans. So devout in their beliefs, that the tribe was known as Mission Band for many years.

Regardless of your personal faith journey, I would recom-

mend a pilgrimage to Jerusalem and Israel in general. For a history buff, there are few places that offer as much. Layers of history include the Jewish Kingdom, the Roman Empire, early Christian, Byzantine and Crusader periods. My wife and I visited the Sea of Galilee, Masada, Tiberius, Caesarea, Megiddo, the Jordan River, the Dead Sea, Bethlehem, Nazareth, Jericho and of course, Jerusalem.

In Jerusalem we saw the Garden of Gethsemane, the upstairs room of the last supper, the baths of Bethesda, Golgotha and the Holy Sepulcher.

The temperatures in Israel reached as high as 115 degrees at the Dead Sea. Due to this being "off season" and fears of terrorism, tourism was way down, making wait times very brief to see the sites. This was the first time I have used a group tour service and I would strongly recommend that for safety

and to get the most out of the excursion. If any members are interested in getting information about the tour service we used, please feel free to e-mail me.

Save the date: Please mark your calendars for the annual District 8 Fall Feast on November 12 at NAYA in Portland, Oregon. This will

be a dinner meeting with traditional Thanksgiving food, prizes, crafts and a Native American art contest for CPN members only. There will be postcards and e-mails with more details to follow.

As always, it is my honor to represent you and it is my pleasure to hear from you and assist you where I can.

Best Regards,

Dave Carney/*Kagasghi*
dcarney@potawatomi.org
360-259-4027

Citizen Potawatomi Fall Feast

Saturday, November 12, 2016 - 5 to 8:30pm

All District 8 CPN members are welcome to an evening of family, food and fun!

The Nation will provide a roast turkey dinner with all the trimmings
Please bring a dessert to share if you'd like

Beverages supplied (*this is a no alcohol event*)

We will have presentations, Native American Art contest, and awards for our youngest and wisest enrolled members

Come be a part of your tribe and your district!

Native American Youth and Family Center
5135 NE Columbia Blvd, Portland, OR 97218

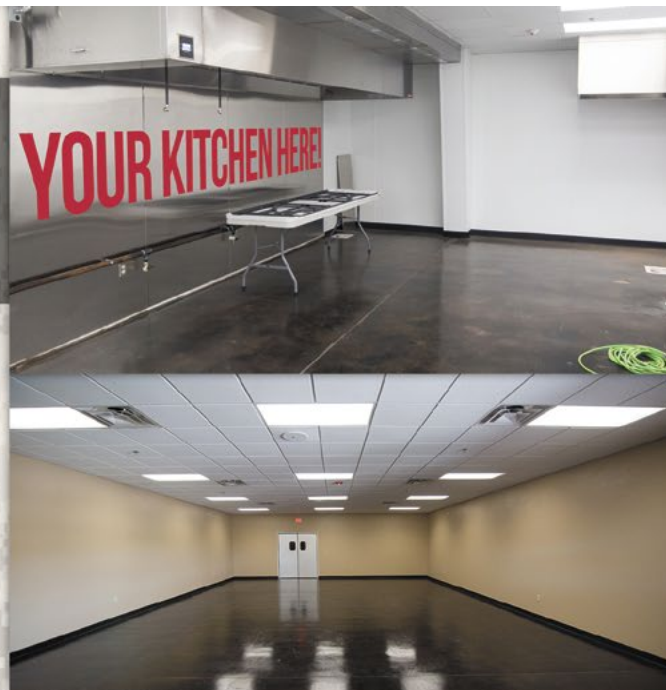
RSVP by October 31st with legislator Dave Carney at dcarney@potawatomi.org or (360) 259-4027

BDC
GUN ROOM
INDOOR SHOOTING RANGE

ATTENTION
RESTAURANT OWNERS

- Full commercial kitchen and 1,500 sq. feet of restaurant space
- High foot traffic location
- Financing and leasing available

The Citizen Potawatomi Community Development Corp. is ready to help you explore the possibility of commercial financing which may be available for qualified members of federally recognized tribes. Contact Jack Barrett at BDC Gun Room (405) 273-9554 or Bob Crothers at the CPCDC (405) 878-4697 for more information.



Gerald Michael Schimmel



Shawnee resident, Gerald Michael Schimmel, 74, died Saturday, Sept. 3, 2016 at his home.

Memorial services were held Saturday, Sept. 10, 2016, in the chapel of Walker Funeral Service with Rocky Barrett officiating.

Gerald was born April 11, 1942 in Shawnee, Oklahoma to Vernon & Mildred (Peltier) Schimmel. He was a graduate of Shawnee High School. He served in the United States Army and worked as a carpenter.

Gerald enjoyed fishing and spending time with friends & family, and was a member of the Citizen Potawatomi Tribe.

Preceded in death by his parents, brothers: James, Robert & Richard Schimmel; and sisters: Mildred Ann Henry and Phyllis Treat.

Survivors include a sister: Janice Degraffenreid of Tulsa; brother: Dennis Schimmel of Shawnee; two sons & daughters-in-law: Kevin & Tori Schimmel of Shawnee, and Eric & Amy Schimmel of Texas; grandkids: Baylee Schimmel, Kross Schimmel, Preston Schimmel and Chloe Schimmel; and many nieces, nephews and other relatives.

Adam Michael Gonzales



Adam Michael Gonzales, born Nov. 27, 1991 passed away Friday, Aug. 5, 2016 at his home in Wichita, Kansas.

Preceding him in death are his grandparents: Pedro Gonzalez of Zacatecas, Mexico, Dewey Jay Rhodd, and Beverly June Rhodd of Wellington, Kansas.

Adam is survived by his mother and father: Debra and Jose Gonzalez of Wichita; grandmother: Juana Flores of Zacatecas, Mexico; brother: Jeremy (Jessica) Lusk of Ft. Meade, Maryland; sister: Jennifer (Richard) Vargaz of Arlington, Texas; sisters: Stephanie Greer of Oneida, Tennessee and Amber Greer of Wichita; twin sister: Amanda (Luis) Martinez Gonzales of Wichita; along with 12 nieces, 11 nephews, cousins, aunts, uncles, and many friends.

Adam earned his high school diploma while attending Job Corp located in Manhattan, Kansas. He worked in the construction trade where he spent his

time as a roofer. Adam was extremely proud of his Potawatomi Indian Heritage. He did not have any children of his own; however, was a very loving uncle who enjoyed spending time and doing things with his nieces, and nephews. Adam also enjoyed spending his time with family and friends. Even though he did not like wearing the color red, he was a diehard Kansas City Chiefs fan.

Adam's viewing was held Aug. 10, 2016 at Advantage Funeral and Cremation Services in Wichita, Kansas.

Memorial donations may be made to: Citizen Potawatomi Nation Scholarship Fund 1601 S. Gordon Cooper Dr. Shawnee, OK 74801 and Suicide Prevention Kansas Comcare 635 N. Main St. Wichita, KS 67203.

Barbara Ann Phillips



Barbara Ann (Martin) Phillips, 83, of Tecumseh, Oklahoma, died Monday, May 2, 2016 at her home. She was born Dec. 15, 1932, to Jack and Ann (Johnson) Martin in Macomb, Oklahoma. She attended Big Lake High School and Draughn Business School.

She married Bill Phillips on Dec. 24, 1950 in Big Lake, Texas. He preceded her in death on Sept. 26, 2013. After marriage, she and Bill followed the oilfield and lived throughout Texas until moving back to Tecumseh in 1968.

Mrs. Phillips was a member of the Tecumseh Business & Professional Women's Club for many years and attended the First Baptist Church in Tecumseh. She was a proud member of the Potawatomi tribe from the Burnett family.

She worked in the medical field for many years. She enjoyed crocheting, collecting salt and pepper shakers, traveling, camping at the lake, and especially attending family reunions held at the lake. She was affectionately known by all as "Granny".

She was preceded in death by her husband: Bill Phillips and her parents: Jack and Ann Martin.

She is survived by her daughter: Nan Claytor of Tecumseh; son and daughter-in-law: Lynn and Angela Phillips of Tecumseh; brother: Charles Martin of Altus; sister and brother-in-law: Patricia and Herb Holton of Tecumseh; six grandchildren: Marcus Stagner, Vance Phillips, Wendy Allen, Matt Phillips, Daron Phillips and Misti Arrasmith; 17 great-grandchildren: Brodhe, Saidey, Joel, Tavan, Corban, Damon, Cole, Savannah, Mia, Makayla, Aubree, Mattalynn, Izaac, Jenna, Michael, Aiden and Madden; two great-great-grandchildren: Paisley and Elizabeth; and other extended family and friends.

Graveside service was held on May 7, 2016 at Tecumseh Cemetery with Reverend Tony Peak, First Baptist Church in Tecumseh officiating under the direction of Cooper Funeral Home in Tecumseh.

Mary Jeanette Brunin

Mary Jeanette Brunin, 75, passed away Tuesday, Aug. 9, 2016 at the St. Marys Manor.

She was born Dec. 13, 1940, at Wamego, the daughter of Clarence and Lucille A. Rezac Brunin. Mary Jeanette was born with Cerebral Palsy. She attended Immaculate Conception Schools. Mary Jeanette was a member of Immaculate Conception Catholic Church in St. Marys.

She was preceded in death by her parents and a brother: Robert Brunin.

Mary Jeanette loved her cats, Star, Innu and Suzie.

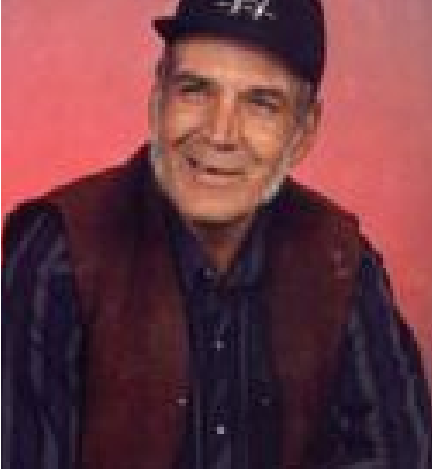
Survivors include her sister: Joan (Dale) Wardle, Canton, Ohio; her aunt: Theresa Zima, St. Marys; nieces and nephews: Jim, Bob, Mike, Kathy, Mark, Ed, Dave, Tom, Dan, and Steve; her caregiver and friend: Cynthia Fausnight.

Mass of Christian Burial was celebrated on Aug. 13, 2016 at Immaculate Conception Catholic Church in St. Marys. Interment followed at Mt. Calvary Cemetery, St. Marys. A rosary was recited at the church.

In lieu of flowers, memorial contributions may be made to the St. Marys Food Pantry or the Topeka Cat Association and sent in care of Piper Funeral Home, 714 Maple St., St. Marys, Kansas 665366.

To leave an online condolence please go to www.piperfuneralhome.com

Robert Gene Hudson



Robert Gene Hudson was born Oct. 31, 1941 in Shawnee, Oklahoma to Leona Madeline Camp and Frank Wilks Hudson. He passed away Aug. 21, 2016 at Yukon, Oklahoma at the age of 74 years, 9 months and 20 days.

Robert grew up in Trousdale, Oklahoma. He later moved to Shawnee and then Cheyenne, Oklahoma. He met Jerrye Coots in Cheyenne and they were married on Aug. 16, 1967.

Robert lived in Cheyenne for several years and moved to Chickasha in 1978, following work in the oilfield. He remained in Chickasha before living in Dallas, Texas. Robert moved to North Carolina in 1989 where he did bridge building and skilled carpentry. He returned to Oklahoma in 2004 and made his home in Seminole. Robert loved his grandchildren and especially enjoyed taking them fishing.

He was preceded in death by his parents and a son: Robert Gene Hudson, II.

Robert is survived by his children: Deborah Ashley and husband, Travis, of Sayre, Oklahoma, Eva Cathleen Hudson of Shawnee, Candida Martin and spouse, Sharon, of Dallas, North Carolina, Jeremy Hudson of Commerce, Georgia; nine grandchildren, seven great-grandchildren; brother: Troy Graham and wife, Cheri, of Shawnee; and a host of other relatives and friends.

Submitting obituaries

To submit an obituary, please send a word document with **no more than 300 words**, a 300dpi photo and a contact phone number to hownikan@potawatomi.org.

CPN burial assistance through Tribal Rolls

The \$2,000 CPN Burial Assistance Fund is automatically available to all enrolled CPN members. You may fill out a burial assistance fund form if you would like for us to keep it on file in case of any change in resolutions.

Please note: Once a CPN Tribal member has passed, the Tribal Rolls office must

be notified in order for CPN to provide burial funding. Information and instructions for the burial process will be sent to the next of kin and will be discussed then.

For more information please call Tribal Rolls at 405-878-5835 or email CClark@Potawatomi.org.